AUGUST 7, 2017

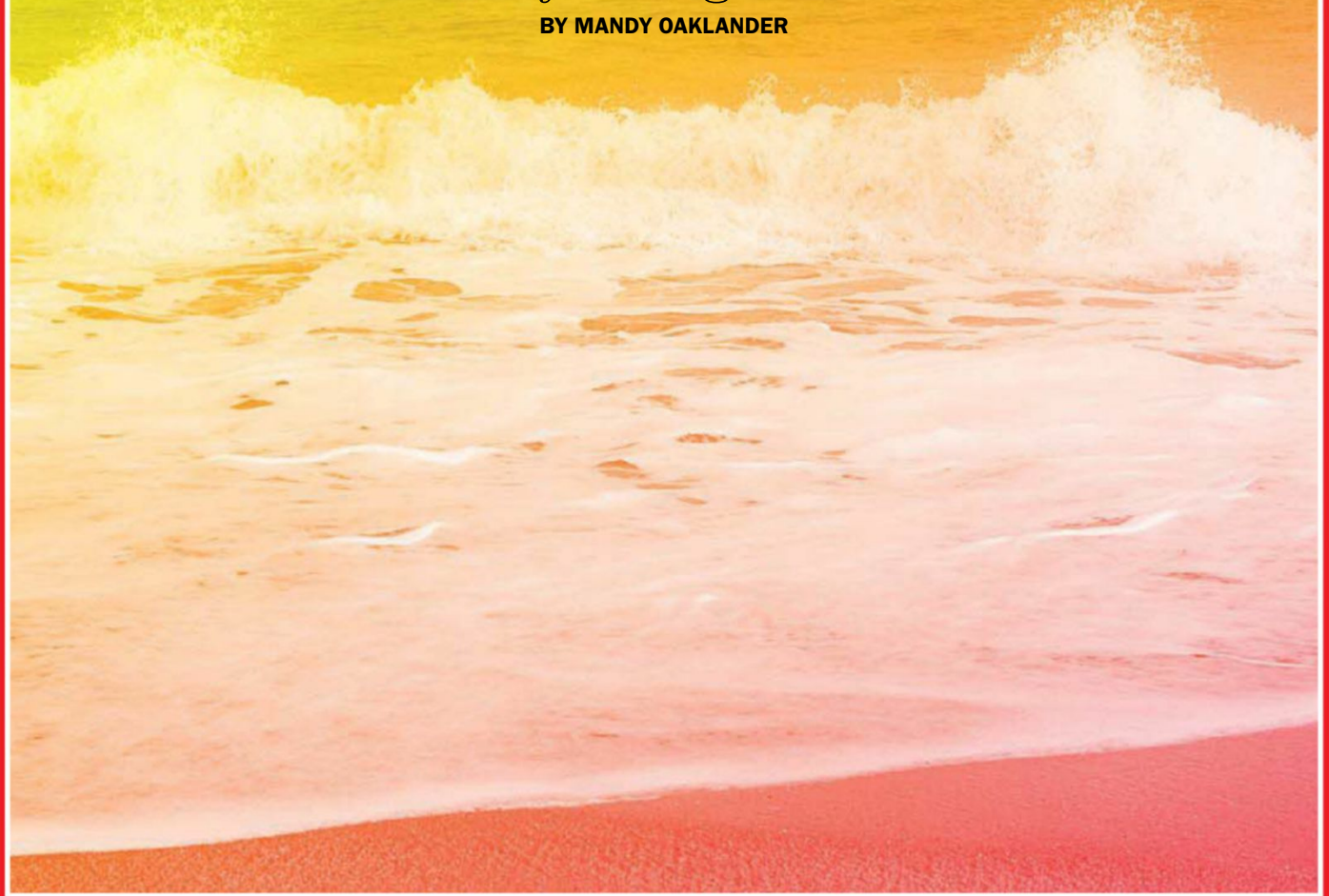
TIME

THE *ANTI* ANTIDEPRESSANT

Depression afflicts 16 million Americans. One-third don't respond to treatment.

A surprising new drug may change that

BY MANDY OAKLANDER



CHEVY. THE ONLY BRAND TO EARN J.D. POWER DEPENDABILITY AWARDS FOR CARS, TRUCKS AND SUVS. TWO YEARS IN A ROW.

Current awards based on 2013 and 2014 model year vehicles.

Over 35,000 owners were asked by J.D. Power to rate the dependability of their vehicles after three years of ownership. The result? Confirmation that when it comes to Chevrolet cars, trucks and SUVs, peace of mind comes standard.

2017 "MOST DEPENDABLE SMALL CAR, LARGE SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"
2016 "MOST DEPENDABLE MIDSIZE CAR, COMPACT SUV, LARGE HEAVY DUTY PICKUP AND MIDSIZE SPORTY CAR"

The Chevrolet Sonic, Chevrolet Tahoe, Chevrolet Silverado HD and Chevrolet Camaro received the highest numerical scores in their respective segments in the J.D. Power 2017 U.S. Vehicle Dependability Study, based on responses from 35,186 U.S. original owners of 2014 model-year vehicles after three years of ownership about problems experienced in the past 12 months, surveyed in October–December 2016. The Chevrolet Malibu, Chevrolet Equinox, Chevrolet Silverado HD and Chevrolet Camaro received the highest numerical scores in their respective segments in the J.D. Power 2016 U.S. Vehicle Dependability Study, based on responses from 33,560 U.S. original owners of 2013 model-year vehicles after three years of ownership about problems experienced in the past 12 months, surveyed in October–December 2016. Your experiences may vary. Visit jdpower.com.

FIND NEW ROADS™

CHEVROLET

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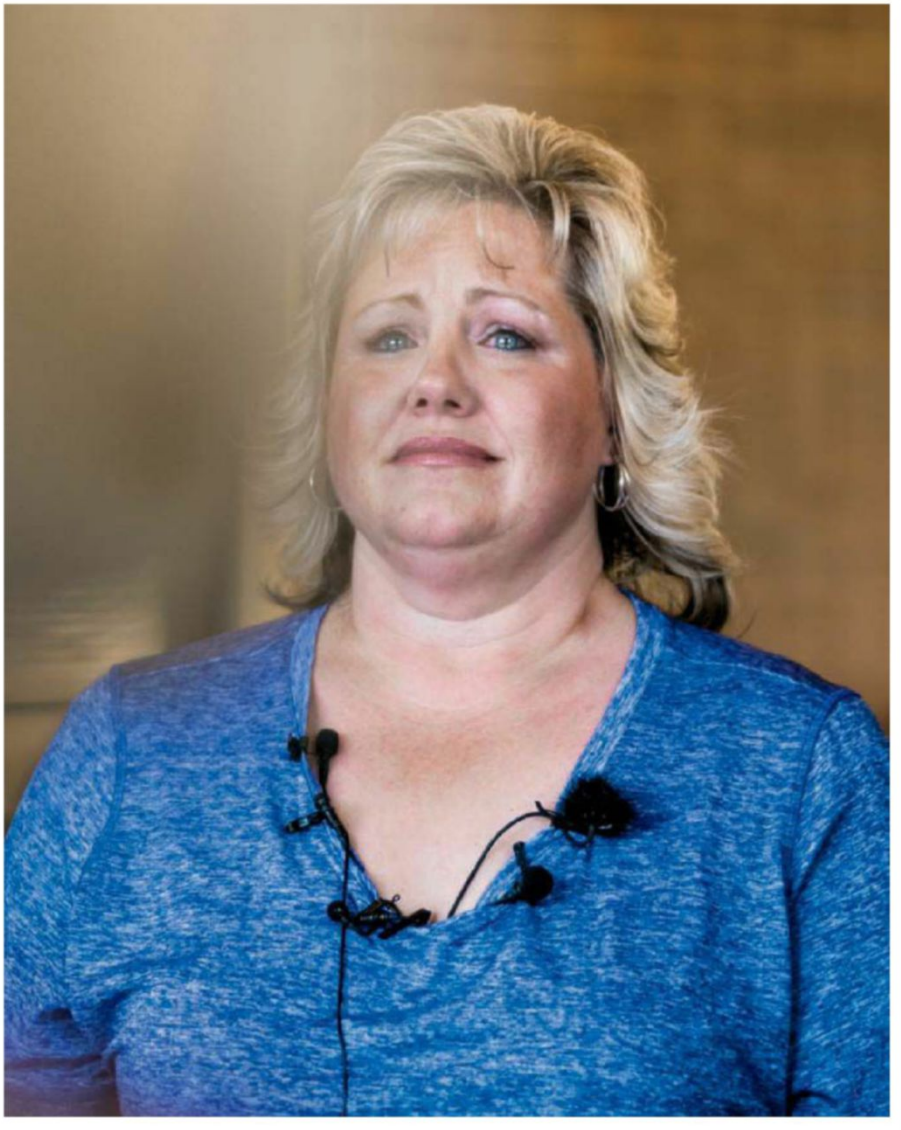

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Laurie Holt at a rally on July 7 in Riverton, Utah, to raise awareness for her son Joshua, who is imprisoned in Venezuela

Photograph by Michael Friberg for TIME

ON THE COVER: *Photo-illustration by Michael Marcelle*

TIME (ISSN 0040-781X) is published by Time Inc. weekly, except for two skipped weeks in January and one skipped week in March, May, July, August, September and December due to combined issues. **PRINCIPAL OFFICE:** 225 Liberty Street, New York, NY 10281-1008. Periodicals postage paid at New York, NY and additional mailing offices. **POSTMASTER:** Send all UAA to CFS (See DMM 507.1.5.2); **Non-Postal and Military Facilities:** send address corrections to TIME Magazine, P.O. Box 62120, Tampa, FL 33662-2120. Canada Post Publications Mail Agreement No. 40110178. Return undeliverable Canadian addresses to: Postal Station A, P.O. Box 4322, Toronto, Ontario M5W 3G9. GST No. 888381621RT0001. © 2017 Time Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited. TIME and the Red Border Design are protected through trademark registration in the United States and in the foreign countries where TIME magazine circulates. U.S. Subscriptions: $49 for one year. **SUBSCRIBERS:** If the Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. **CUSTOMER SERVICE AND SUBSCRIPTIONS:** For 24/7 service, visit ***time.com/customerservice.*** You can also call 1-800-843-TIME; write to TIME, P.O. Box 62120, Tampa, FL, 33662-2120; or email ***privacy@time.customersvc.com.*** **MAILING LIST:** We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call or write us. **PRINTED IN THE U.S.** ◆◆◆◆◆◆◆

What you said about ...

THE SECRET HISTORY OF ELECTION 2016
Massimo Calabresi's July 31 cover story on President Obama's secret plan to safeguard the 2016 presidential election from Russian hackers was "fascinating," said Univision anchor Enrique Acevedo. "I read every word," said Linda V. Bartles of Fort Worth. The feature convinced Marilyn Leviton of Northridge, Calif., and Danny Wilson of San Diego that it's not safe to store voting results and voter information online. Any resulting inconvenience, Wilson wrote, "would be a small price to pay for the increased peace of mind." And Justin Hendrix of Brooklyn, who tweeted that the article was "terrifying," explained why he believes it's so important to address any doubts about election security: "Confidence in our elections is confidence in democracy."

'This should be required reading for everyone.'
WILLIAM DOOLAN, Evergreen, Colo.

THE UNITED PATIENTS OF AMERICA
TIME's July 24 feature on how parents of sick or disabled kids are bridging political divides to protest proposed cuts to Medicaid, written by Charlotte Alter and Haley Sweetland Edwards, elicited strong responses from Americans who work with such families on a daily basis. James Czadek, a Medicaid eligibility worker in Long Beach, Calif., thanked TIME for telling the story of the people who represent a "good portion of my caseload," and expressed his respect for patients like those in the article "because of the love they have for their child and the strength they demonstrate." Laura Barnett, a speech-language pathologist from Sandy, Utah, delivered a "high five from all my little patients" for cutting through "the political posturing." But Adam P. Newman of Decatur, Ga., who studies portrayals of disabilities in literature, tweeted that he wished the article also featured the voices of the many activists working on this issue who are themselves disabled.

'This is what should unite us—our children.'
MEGAN COLLINS, Norwell, Mass.

STRONG WOMEN In preparation for the new spy thriller *Atomic Blonde*—starring Charlize Theron, profiled on page 46, as an MI6 agent—TIME traced how the female action hero has evolved over the past 40 years. The rundown covers Carrie Fisher as Princess Leia in *Star Wars (above, center),* Sigourney Weaver as Ellen Ripley in *Alien (above, second from right)* and many more. See the full list at **time.com/female-heroes**

NEW PODCAST
In *Countdown,* TIME editor at large Jeffrey Kluger—who co-wrote the book that inspired the movie *Apollo 13* and whose new book *Apollo 8* tells the story of the first mission to the moon—recounts the 10 most harrowing space missions. Download the first episode, about Apollo 10, at **time.com/countdown**

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Subscribe to TIME's free newsletter Motto and get **weekly advice from prominent thinkers and provocative storytellers.** For more, visit **time.com/email**

Back in TIME
The Prisoners Return, Feb. 19, 1973

This week TIME looks at Americans held captive overseas *(page 30)*, a subject explored in this story about POWs returning from Vietnam. Each family "made its own accommodations," the story noted, as "women learned to live with the experience of being neither wives nor widows." Read the full article at **time.com/vault**

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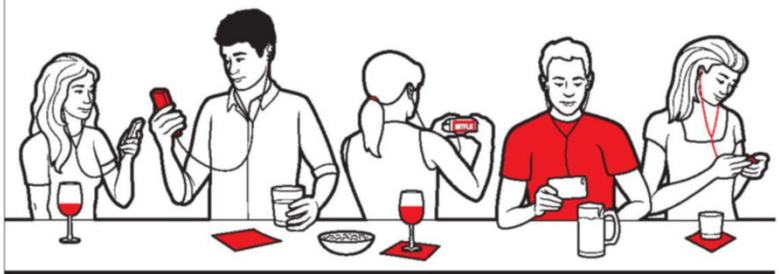
THE AVENGERS: MARVEL; ATOMIC BLONDE: FOCUS FEATURES; CHARLIE'S ANGELS, G.I. JANE, STAR WARS, ALIEN, KILL BILL: GETTY IMAGES (5)

‘WE HAVE DECIDED TO LET OUR SON GO.’

CONNIE YATES, mother of Charlie Gard, announcing her family’s decision to end a three-month legal battle to stop a London hospital from taking their terminally ill infant son off life support; the case received international attention as the family sought permission to bring Charlie to the U.S. for an experimental therapy

7,500,000,000

Approximate number of minutes Americans spent watching Netflix on their phones in June 2017, up 73% from the same time in 2014, per ComScore



‘I will hound you to the very gates of hell.’

RODRIGO DUTERTE, President of the Philippines, reiterating his commitment to his controversial policy of rounding up and killing alleged drug dealers in his second state of the nation address, held on July 24

20 million

Number of **sterile male mosquitoes** that California scientists are releasing in Fresno County to reduce the number of *Aedes aegypti* that can carry diseases like Zika and dengue; the plan is for them to mate with females, whose eggs won’t hatch

‘LET’S MEET FACE TO FACE AND YOU TELL ME I’M NOT WORTHY.’

KRISTIN BECK, a veteran of the elite SEAL Team 6 unit, who came out publicly as transgender two years after retiring from the Navy in 2011, addressing President Trump after he tweeted on July 26 that transgender people will be barred from serving in the military, reversing a 2016 change in policy; Beck was a SEAL for 20 years and received both a Bronze Star and a Purple Heart

Bang
CBS show *The Big Bang Theory* inspired researchers to discover a new chemical compound

GOOD WEEK
BAD WEEK

Flash
Adobe announced that it would kill the once common software by the end of 2020

‘Rematch? Next time … warmer water.’

MICHAEL PHELPS, Olympic gold medalist, reacting to losing a race off the coast of South Africa to a computer-simulated fish programmed to swim as fast as a great white shark; the race, held to publicize Discovery Channel’s Shark Week, disappointed fans who expected a real shark

20

Number of times hotter Tabasco’s Scorpion Sauce is **compared with the brand’s original red sauce;** the limited-edition product sold out within hours of its July 19 launch

‘I basically have spent a conflict-free life.’

O.J. SIMPSON, former football star, successfully arguing for his release before a Nevada parole board on July 20, after serving nine years of a 33-year prison sentence for his role in an armed robbery in Las Vegas; the 70-year-old was famously acquitted in a 1995 trial of the murders of his ex-wife and her friend

ILLUSTRATIONS BY BROWN BIRD DESIGN FOR TIME

SOURCES: CNN; RECODE; SCIENTIFIC AMERICAN

The Brief

'THESE POLITICIANS NEED TO COME HERE AND SEE WHAT WE SEE.' —PAGE 14

Trump broke custom by delivering a political speech to the Boy Scouts' national jamboree in Glen Jean, W.Va.

AFP/GETTY IMAGES

POLITICS

Trump's attacks sow chaos in Washington

By Zeke J. Miller and Alex Altman

IT WAS A PERFORMANCE REVIEW NO employee wants to hear, delivered by an angry boss in a setting that broadcast the humiliation. Standing in the Rose Garden on July 25, President Donald Trump excoriated U.S. Attorney General Jeff Sessions for recusing himself from the Russia investigation buffeting Trump's Administration. "I'm very disappointed with the Attorney General," the President fumed. Asked if he would fire Sessions, Trump said simply, "Time will tell."

Trump's latest bid to expel one of his earliest allies and his call for an investigation into vanquished rival Hillary Clinton may be a defining moment in his young presidency. Beset by multiple, expanding Russia probes, Trump is responding to his legal challenges by picking political brawls. In the span of a few days, he turned the Boy Scouts' National Scout Jamboree into a partisan rally, sharpened his attack on the integrity of special counsel Robert Mueller and his investigators and hired former hedge-fund executive Anthony Scaramucci to head the White House communications shop. Senior White House advisers objected, citing Scaramucci's inexperience; press secretary Sean Spicer quit in protest. But the man known as the Mooch had a virtue that Trump prizes above all others: boundless devotion to the boss. As Trump sidelines Washington veterans, Scaramucci is remaking the West Wing by promising to root out and fire leakers.

The question gripping Washington is how far Trump's norm breaking

PHOTOGRAPH BY SAUL LOEB

will trickle down. All over town, traditions of good behavior seem to be crumbling. In the Senate, Republican leader Mitch McConnell broke precedent by forcing a vote on a health care bill whose contents were a mystery even to his colleagues. Instead of drafting legislation through the traditional committee process, Republicans are trying to write and amend the bill on the Senate floor. The final vote tally to begin debate on the unread bill was 50 to 50, forcing Vice President Mike Pence to cast the tie-breaking vote. It was the fourth time in six months that Pence has stepped in to break a Senate deadlock—something his predecessor, Joe Biden, never did in eight years.

One of the GOP holdouts was Maine Senator Susan Collins. Her resistance incensed fellow Republican Blake Farenthold, a House member who had grown weary of waiting for the Senate to act on a health care bill. In a radio interview, the Texan criticized the Senate for lacking courage and singled out "some female Senators from the Northeast."

"If it was a guy from South Texas," Farenthold added, "I might ask him to step outside and settle this Aaron Burr–style." Collins was caught on a hot mike four days later firing shots of her own. "I don't mean to be unkind, but he's so unattractive," she told a colleague. (Both apologized.)

Some pushed back against the breakdown in decorum. A week after being diagnosed with an aggressive form of brain cancer, John McCain jetted back to Washington just in time to cast a critical vote. He took the floor to extol the Senate's virtues, from its arcane customs to its legacy of bipartisanship. "I hope we can again rely on humility," the six-term Senator said, "on our need to cooperate, on our dependence on each other, to learn how to trust each other again." It was a remarkable speech, delivered with grace and studded with humor. But it was a sign of the times that five minutes earlier, he had voted to advance the health bill that had broken multiple Senate traditions of procedure.

The President did not heed McCain's message. Although aides have urged him to stop lashing out on Twitter, Trump stepped up his attacks on the country's leading law-enforcement figures—not just Sessions and Mueller but also the acting director of the FBI, Andrew McCabe. (Trump's distrust of McCabe comes through marriage: his wife, a candidate for the Virginia state senate in 2015, received nearly $500,000 from the political action committee controlled by the state's Democratic governor, Terry McAuliffe, a close Clinton ally.) Inside the White House, Trump aides express frustration with the President's lack of discipline. But their boss has tuned them out. "He's his own counsel," says a senior White House official.

Which is risky. Trump's taunting of Mueller could make the Russia investigations worse for him. On July 25, the House passed a measure that curbs the Administration's power to roll back sanctions on Russia. And his penchant for picking political fights may isolate him further. Trump turned to Twitter again on July 26 to announce a ban on transgender people in the military. The decree surprised his allies in Congress and at the Pentagon and even caught some White House staffers off-guard. After the announcement, the White House struggled to explain its impact on thousands of trans service members.

The price Trump may pay for all this decorum busting is unknown: his supporters seem to love it, and weary Republicans are sticking with him for now. What's clear is that Trump has no intention of toning it down. If anything, he's only getting started. ◻

TRUMP'S STAFF SHAKE-UP

SEAN SPICER
The beleaguered White House press secretary resigned July 21 in protest of communications director Anthony Scaramucci's hiring

MICHAEL SHORT
The senior assistant press secretary, a former Republican National Committee staffer close to Spicer and chief of staff Reince Priebus, was forced to resign July 25—the first victim of Scaramucci's West Wing purge

MARK CORALLO
The veteran spokesman for Trump's outside legal team called it quits on July 20 amid the President's escalating criticism of Mueller

TICKER

Sweltering truck leads to 10 deaths

Ten undocumented immigrants died and dozens were severely injured after being smuggled into the U.S. and put inside the back of a tractor-trailer, which was discovered stopped by a Texas Walmart. The driver was arrested and charged with human trafficking.

Sri Lanka faces dengue crisis

The unprecedented outbreak has resulted in more than 100,000 cases and claimed nearly 300 lives this year so far. Aid groups say the epidemic is overwhelming the island's health system.

Men's sperm counts dropping in West

Sperm counts among men in Western countries, including North America, Australia and Europe, have declined more than 50% in less than 40 years, according to a recent study. The factors driving the decline are unclear.

China bars Bieber performances

The Beijing municipal bureau of culture cited Justin Bieber's past instances of "bad behavior," describing him as "talented but also ... controversial." Separately, on July 24, the Canadian singer announced he was canceling the remaining dates of his world tour because of "unforeseen circumstances."

SPICER: AP; CORALLO: THE NEW YORK TIMES/REDUX; ABE: JUSSI NUKARI/AFP/GETTY IMAGES

EVERYBODY IN! Swimmers with inner tubes and arm floats cram into a saltwater pool known as the Daying Dead Sea at a resort in Suining City, in southwestern China, on July 22. More than 8,000 people gathered at the indoor water complex to escape the summer temperatures of more than 96°F. The resort is positioned on the same latitude as the Dead Sea in the Middle East. *Photograph by Lola Levan—EPA*

JAPAN

What's behind Shinzo Abe's plummeting popularity

JAPANESE PRIME MINISTER SHINZO ABE WAS grilled by the country's legislature on July 24 and 25 over new allegations of cronyism. It's the latest in a series of blows that has prompted the center-right leader's approval ratings to sink to a new low of 26% before general elections next year:

SCHOOL TIES Abe and his aides are accused of pressuring his Education Ministry to give his friend Kotaro Kake permission to open a new veterinary school, despite widespread consensus it was not needed. It would be the first such school approved in Japan in over five decades. In March, Abe and his wife were named in a separate scandal involving patronage of an ultranationalist private school that allegedly purchased public land at a nearly 90% discount. He denies any impropriety in both cases.

AILING POLICIES His "Abenomics" program of aggressive fiscal and monetary stimulus and structural reforms has failed to reignite the economy. Japan is still dogged by deflation while real wages have only inched up. Abe's hawkish nationalism has added to the disquiet: he intends to revise the nation's pacifist constitution, has changed rules to allow Japanese troops to fight abroad and pushed through a contentious antiterrorism law.

FADING STAR Winning a third term in 2018 would make Abe Japan's longest-serving postwar Prime Minister. However, his party's stunning defeats in recent local elections in Tokyo and Sendai mean many now see him as an electoral liability. Conservative newspaper *Yomiuri* recently accused his government of being "arrogant." For conservative Japanese voters, however, there are few viable alternatives.

—CHARLIE CAMPBELL

‹ Abe has been tarnished by a string of controversies

DATA

WALKING AROUND THE WORLD

Indonesians are the world's least active people, according to a Stanford study that used smartphones to track the daily steps of about 700,000 people in 46 countries. A sample of the results, ranked from the most to the fewest average daily steps:

1. Hong Kong
6,880 steps (most active)

5. Russia
5,969

13. Italy
5,296

30. U.S.
4,774

46. Indonesia
3,513 steps (least active)

Qatar settles in for a long standoff

By Jared Malsin
Al-Khor, Qatar

Life in Doha is relatively unchanged after weeks under a blockade

IN A SPRAWLING FARM COMPLEX IN the desert north of Doha, more than 300 cows occupy a warehouse, munching on piles of grass. In one pen sits a group of newborn calves, gangly legs folded, ears twitching. The cows make no sound at all, apart from a gentle rustling.

These Holsteins are here because of a geopolitical crisis in the Middle East. After Saudi Arabia, the United Arab Emirates, Bahrain and Egypt imposed heavy sanctions on Qatar on June 5, a Qatari company launched an airlift of hundreds of cows to safeguard milk supplies, since an embargo cut into dairy imports. "My instructions were we needed cows yesterday," says John Joseph Dore, a 57-year-old Irishman and the CEO of Baladna, the farm where the cows now reside. Wearing a straw hat and a sky blue shirt, Dore says plans are in place to import 14,000 more dairy cows from as far away as Wisconsin and California by 2018. "Lots of people said we couldn't do it, but we did do it," he says.

More than seven weeks in, the crisis between Qatar and its neighbors has settled into a stalemate. The "gang of four" nations led by Saudi Arabia and the UAE has accused Qatar of supporting extremist groups across the region, a charge the Qataris vehemently deny. On June 23, the blockading states issued a list of 13 demands, urging Qatar to sever ties with Iran and the Muslim Brotherhood and shut down its controversial but popular news network al-Jazeera.

Qatar stood firm. One of the world's largest exporters of natural gas, the nation is both tiny and rich, with fewer citizens than the city of Tulsa, Okla. It is also home to the largest U.S. military base in the Middle East, a key location for launching air assaults on ISIS and al-Qaeda. The country's government and businesses quickly found ways to circumvent the blockade, establishing alternative shipping routes and flying in livestock. Supermarket shelves emptied in the wake of the initial embargo were restocked within days.

The Qataris are far from totally isolated; the peninsula has received support from Europe, regional powers like Turkey and the top U.S. diplomat, Secretary of State Rex Tillerson. On July 21, Tillerson said he was "satisfied" with Qatar's efforts to combat the financing of terrorist networks. President Trump, who has rebuilt U.S. relations with the Saudis, created confusion when he tweeted support for the campaign against Qatar on June 6, but he has since fallen silent on the issue.

> This diplomatic standoff has been a long time coming. It's the Gulf's version of the Cold War

The Saudi and UAE–led bloc has now reshaped its demands into six broad principles, including a vague call for Qatar to combat extremism and terrorism. Qatari officials insist they are already doing just that and show no sign of conceding. The Saudis and their allies "overestimated the level of international support they'd get, and we're confident that the world sees that this blockade is an unreasonable violation of our sovereignty," says Sheikh Saif bin Ahmed al Thani, a Qatari government spokesman. "The blockading countries are looking for a way out of this. They'll need to negotiate a deal that ends the crisis without embarrassing themselves."

However, the Saudi, Emirati, Bahraini and Egyptian governments are showing few signs that they will drop the sanctions anytime soon. On July 25, Egypt's Foreign Minister Sameh Shoukry rejected "any form of negotiations" with Qatar. The UAE's Foreign Finister Anwar al-Gargash predicted "a long estrangement." Mohammed Alyahya, a Saudi political analyst with the Atlantic Council in Washington, says, "The Qataris do not properly appreciate the gravity of the situation and the depth of the quartet's grievances, especially Saudi Arabia's."

This crisis has deep roots among the Saudis in long-simmering differences over Qatar's sympathy and aid for Islamist groups in the region, Qatar's perceived support for the 2011 Arab Spring uprisings and Qatar's "open door" policy of warm relations with countries like Iran, the archrival of Saudi Arabia. This diplomatic standoff has been a long time coming, and will not be resolved quickly. It's the Gulf's version of the Cold War—and it has only just begun. □

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As Congress fights, thousands camp out for free health care

By Susanna Schrobsdorff

IN THE WEE HOURS OF JULY 21, THE PARKING LOT of a county fairground in Wise, Va., was packed with families sleeping in their cars or in makeshift beds tucked between vehicles. They were camping out not for coveted tickets to a concert but for entry to a massive free medical and dental clinic. Volunteers began handing out numbers for admission at 3 a.m. The best chance for getting in when the doors opened a few hours later was to be there in the middle of the night.

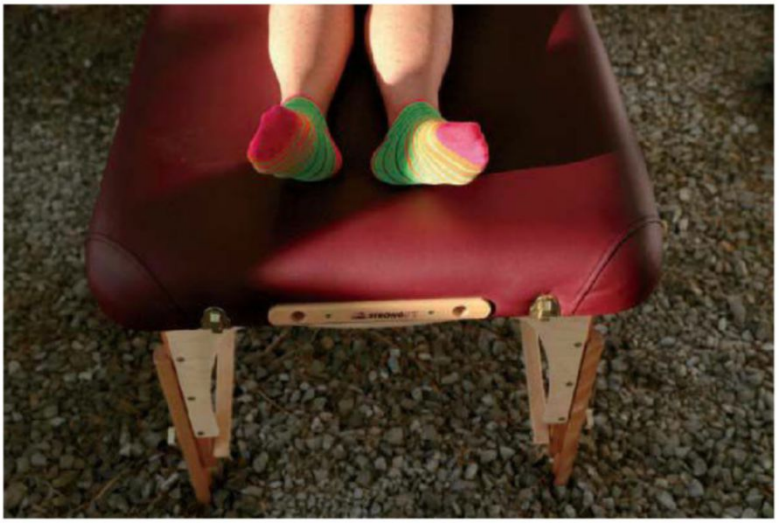
The annual event is run by Remote Area Medical (RAM), a global nonprofit that conducts what it calls expeditions in areas around the world that are in desperate need of basic care, including more than a dozen locations in the U.S. A legion of volunteer doctors, nurses, dentists, optometrists and helpers converged on the little Appalachian town of Wise for three days to treat about 2,000 people.

> 'These are your neighbors, your favorite waitresses, your kids' teachers.'
>
> **JEFF EASTMAN**, CEO of Remote Area Medical

Some patients have been in excruciating pain from infected teeth for months, waiting for RAM to arrive. Others are in urgent need of diagnostic tests. Most of the patients are among the nation's more than 29 million uninsured. "These are your neighbors, your favorite waitresses, your kids' teachers," says Jeff Eastman, RAM's CEO. In many areas, people on Medicaid have a hard time finding providers who will take the low reimbursements for treatments like root canals—without which minor health problems can turn into major risks.

It's a slow-boiling catastrophe that may yet get worse as the full Senate considers various health care measures that could push millions more people off insurance. "It's life or death for them," says Teresa Gardner Tyson, executive director of the Health Wagon, a local nonprofit that works with RAM. "These politicians need to come here and see what we see." Tyson says she has had diabetic patients who have lost their vision for lack of a few hundred dollars to pay for insulin—a situation that ends up costing more in the long run. "The system will pay for it either way," she says, "so why not do the right thing and get them treatment in the first place?" ◻

PHOTOGRAPHS BY JOHN MOORE



PORTRAITS OF CARE
Many of the patients at Remote Area Medical's annual free clinic in Wise, Va., come for much-needed **dental and vision care.** Volunteer dentists extracted more than 3,000 teeth during the three-day event this year, and 706 people were fitted for glasses. The clinic also provides crucial medical **screenings for cancer** and other serious illnesses that could go untreated otherwise, as well as **orthopedic surgery** procedures like the one at left. Health providers are often few and far between in this rural area, and the annual clinic is the only chance some residents have to see specialists.

GETTY IMAGES

TICKER

Study strengthens link between football and brain damage

Of 111 deceased NFL players studied, 110 had chronic traumatic encephalopathy (CTE), a degenerative brain disorder associated with repeated head trauma. Researchers found that the severity of the CTE symptoms appeared to progress the more a person played the sport.

Pakistan suicide bomber kills at least 26

The blast in Lahore, in eastern Pakistan, also wounded 54 people, including many police officers. The outlawed militant group Tehrik-e-Taliban Pakistan claimed responsibility.

Macron's popularity drops in France

The French President's approval rating fell by 10% in July, just three months after he swept into power on a tide of antipathy toward mainstream parties. An IFOP poll found that 54% of people in France were satisfied with Macron in July, compared with 64% in June.

Microsoft Paint survives brush with death

Microsoft reassured customers that it will continue to offer Paint, which has been part of its operating system since 1985, after plans to drop support for the program in a software update triggered a backlash.

THE RISK REPORT

Liberal democracy is eroding right in Europe's backyard

By Ian Bremmer

POLAND'S PRESIDENT ANDRZEJ DUDA vetoed a bid on July 24 by the ruling Law and Justice Party that would have crippled rule of law in that country by stripping its highest court of its independence. He may well have been motivated by the huge protests across Poland on this attack on judicial independence. But the ruling party and its chairman, Jaroslaw Kaczynski, will surely try to find new ways to ensure that judges do what the government wants them to do.

These events are part of a broader trend against liberal democracy that is playing out in all four of the so-called Visegrad countries—Poland, Hungary, the Czech Republic and Slovakia. For example, governments in these countries have publicly pledged to ignore an E.U. quota system on acceptance of refugees. Slovakia was the first to close the door, and Hungary followed suit. Duda, hero of the moment for wielding his veto, says he favors a referendum on the refugee question. He knows that Poles will vote to keep them out.

Under the E.U. quotas, the Visegrad group was expected to accept 11,069 refugees. So far, Slovakia has admitted 16, the Czech Republic has taken in 12, and Poland and Hungary have accepted zero. The European Commission has threatened penalties, including a reduced share of the E.U. budget, but the approach of those countries has proved popular domestically. Euroskeptic Andrej Babis is expected to win victory in the Czech Republic in October.

In Hungary, meanwhile, Prime Minister Viktor Orban has proudly labeled himself an "illiberal" democrat and reportedly spent nearly $13 million on a campaign to discredit financier George Soros, the Hungarian-born founder of Open Society Foundations, an NGO that champions human rights and rule of law. Orban is also pushing to shut down Budapest's Central European University, which Soros founded.

None of these countries has yet descended to the depths reached by Turkey, just on the other side of the Black Sea from Eastern Europe. Since a failed coup last July, more than 50,000 people have been arrested, many of them simply for being critics of President Recep Tayyip Erdogan. Prosecutors are seeking up to 43 years in jail for 17 journalists and managers at a secularist newspaper that has been critical of Erdogan. Turkey's government announced in June that the theory of evolution would no longer be part of the school curriculum. Evolution is "above the students' level and not directly relevant," the country's Education Minister said. This from a country that remains a NATO member, though E.U. accession is looking less likely.

> Even inside the West's most powerful clubs, liberal democracy is under threat

Even inside the West's most powerful clubs, liberal democracy is under threat. Be skeptical that E.U. leaders can—or that the Trump Administration will—do much about it. □

MYSTERIES

Weird things from the blue

A homeowner is trying to figure out how 15 lb. of frozen pork landed on the roof of his home in Fort Lauderdale, Fla., on July 15, seemingly out of thin air. Here, other unexplained sky falls. *—Kate Samuelson*

MONEY

A bizarre video of drivers abandoning their cars in Kuwait City in order to grab paper money falling from the sky went viral in 2015. Officials had no explanation for the windfall.

APPLES

Rush-hour motorists were alarmed when it began raining apples over a main road in Coventry, England, in 2011. The freak downpour was thought to be caused by a wind vortex over a nearby orchard.

WORMS

In 2007, a woman in Louisiana was crossing the street when large, tangled clumps of worms began dropping from above. The worms may have been propelled into the air by a waterspout.

Milestones

Bennington on tour with Linkin Park in Amsterdam on June 20

DIED

Chester Bennington
Music pioneer

MUSIC CAN BE AN ESCAPE FROM the pain of living or a means of lassoing it, drawing it near and staring it down. For Chester Bennington and the fans who cherish his band Linkin Park, it was the latter. The singer-songwriter, who died by suicide on July 20 at 41, helped usher in an entirely new genre that fused rock, metal, rap and grunge at the turn of the millennium. Channeling his own suffering into music, he offered listeners a catharsis for theirs, his voice surging in an instant from plaintive incantation to growling surrender. He was open about his struggles with childhood sexual abuse, addiction and depression, not only in his lyrics but also in interviews, as when he described his mind as a "bad neighborhood" where one shouldn't walk alone. "He had a way of making anyone he spoke to feel heard, understood and significant," recalled Bennington's friend and Limp Bizkit front man Fred Durst in the wake of his death. "He was always the one projecting light on the shadows."

—ELIZA BERMAN

DIED

John Heard, Emmy-nominated actor known for his memorable roles in *Home Alone* and *The Sopranos,* at 71.

› **John Kundla,** Basketball Hall of Famer and Minneapolis Lakers coach who led the team to five NBA championships, at 101.

› **Barbara Sinatra,** philanthropist and former model who was married to singer Frank Sinatra for 22 years, at 90.

› **Stubbs the cat,** honorary feline mayor of the tiny town of Talkeetna, Ala., at 20.

WON

The **Tour de France,** by Chris Froome, for the fourth time. The Kenyan-born British rider finished just 54 seconds ahead of Colombia's Rigoberto Urán overall.

BOUGHT

A **small white bag containing particles of moon dust,** by a mystery buyer, for $1.8 million at a Sotheby's auction.

SOLD

Luxury British shoe company **Jimmy Choo,** to U.S. fashion brand Michael Kors, for roughly $1.2 billion.

WON

Jordan Spieth
The British Open

MELTDOWNS IN MAJOR TOURNAments have a way of wrecking golfers. Jordan Spieth was hailed as the game's next great after winning the 2015 Masters and U.S. Open at the age of 21. Spieth was poised to add a second straight green jacket the next year until he lost it on the 12th hole at Augusta, hitting a quadruple bogey that cost him the win.

Spieth was headed for a similar fate in the final round of the British Open on July 23, after he sliced a catastrophic tee shot on 13. Fellow American Matt Kuchar, with whom he had been dueling all day, seemed sure to capitalize. But then Spieth found a resolve that had eluded him at the Masters, somehow saving bogey and then reeling off an onslaught of birdies—plus an eagle—to win the title by three strokes.

With the triumph, the baby-faced Spieth joins Jack Nicklaus as the only golfers to win three different majors before the age of 24. If he can take home the PGA Championship, which tees off Aug. 10 in Charlotte, N.C., he'll become just the sixth to win all four. —SEAN GREGORY

MYSTERIES: ILLUSTRATION BY BROWN BIRD DESIGN FOR TIME; BENNINGTON: BEN HOUDIJK; SPIETH: AP

LightBox

New anger in the Old City

Israeli forces disperse Palestinian demonstrators with tear gas outside Jerusalem's Old City on July 21. The protests began after Israeli authorities placed metal detectors at the gates of the Aqsa Mosque compound after two Israeli guards were fatally shot there by Arab gunmen on July 14. Three Palestinians were killed in subsequent clashes with police, and three Israelis were stabbed to death in an apparent revenge attack. Israeli authorities dismantled the metal detectors at the holy site—known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary—on July 25.

Photograph by Ammar Awad—Reuters

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The View

'CONFRONT WHERE WE MUST, BUT COOPERATE WHERE WE CAN.' —PAGE 28

The tales of heroism we tell may not inspire the sick as much as we hope

HEALTH

It's O.K. to be a coward about cancer

By Josh Friedman

SINCE JOHN MCCAIN'S BRAIN CANCER diagnosis became public, I've watched a lot of well-meaning people tell a brave man to be brave. "Cancer doesn't know what it's up against," tweeted President Obama, encouraging his former opponent to "give it hell." Many others encouraged McCain to "fight."

This tough-guy narrative is seductive. It suggests that we have control over our fate, that we can *will* cancer away. These are also the lies we tell ourselves—in the books we read and in the TV and movies we watch, and to the sick people we know. And for some patients, they're helpful.

But courageousness is a standard that no sick person should feel like they have to meet. I should know, as a screenwriter, a cancer survivor and something of a coward.

In the fall of 2005, weeks after selling a pitch to turn the *Terminator* movie franchise into a scary-robot TV show, I ate a bad farmers'-market burrito and ended up learning I had kidney cancer. It's not an uncommon diagnostic journey for the disease. You go to the hospital expecting something familiar—in my case, I did have food poisoning—but a couple of CT scans later, you also find yourself needing a partial lower left nephrectomy.

Before the surgery I spent most of my time crying. Well, crying, pulling myself together, rocking my son to sleep, crying more and then taking Ativan so my wife could rock me to sleep. When I woke up after the operation, the tumor was gone. But *the feeling of cancer* was still inside me. My body was now a sinister stranger. It had

PHOTOGRAPH BY MARTIN GEE

betrayed me; it had snuck up and tried to kill me. I would never trust it again.

I banned my friends from visiting and spent my recovery staring out a hospital window wondering if I'd see my boy grow up. In my more optimistic moments, I decided I should quit writing the scary-robot show before I'd actually started. It all seemed ridiculous and disconnected from my life. Besides, no one would be mad at me if I just stopped.

Not exactly a profile in courage. Not even in the most favorable lighting.

I've heard nothing about bravery from other cancer survivors over the past few days. We know the dirty secret: You don't battle cancer. You don't fight it. If cancer wants you, it walks into your room at night and just takes you. It doesn't give a damn how tough you are. The only way you survive is through a mix of science, early detection, health insurance and luck. Courage has nothing to do with it.

In fact, one small 2014 study found that people who read words like "hostile" and "fight" in a passage about cancer were actually less likely to say they'd engage in preventive measures—like limiting their intake of red meat, or drinking less alcohol—than those who read passages with more neutral language. Words have power.

Our culture likes its heroes undaunted, especially in the stories we tell. When I did end up writing the scary-robot show, I found myself clashing with executives. I argued that bravery in the face of death shouldn't be the protagonists' default setting. Because when we glorify strength without showing empathy for weakness, we end up with a toxic version of heroism, one that links bravery to goodness and cowardice to getting what you deserve.

And when we do that, we can no longer tell stories of grace, or forgiveness, or connectedness. We can no longer tell stories about real people—the ones who fail, the ones who are afraid and the ones who let themselves and others down. These are the stories we need more than ever, especially those of us walking on life's edge.

The hard truth is, there's a Terminator out there for each one of us. But *when* it finds you has nothing to do with how tough you are or how good a person you've been. After I recovered from my surgery, I turned that reality into the opening narration of the scary-robot show, played over a dark onrushing road: "I will die. I will die, and so will you. Death gives no man a pass."

You won't find those words in the final version, though. The network made me take them out. Too scary.

Friedman is a screenwriter and producer for film and TV, including Terminator: The Sarah Connor Chronicles *and the forthcoming* Avatar 4

SURVEY

What does your state hate?

Dating app Hater—known for matching people based on mutual dislikes—recently released a map highlighting which of its "topics" users hate most in each state. Here, a sampling of the results:

CALIFORNIA
Fidget spinners

HAWAII
Taking videos at concerts

IDAHO
Asking for directions

IOWA
Long hair on guys

ILLINOIS
Biting into string cheese

MISSOURI
People who believe in aliens

NEW MEXICO
Polo shirts

NEW YORK
Times Square

PENNSYLVANIA
People who use money clips

TEXAS
Sleeping with the window open

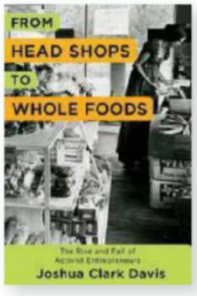
VIRGINIA
Dabbing pizza grease with a napkin

WASHINGTON
Keurig K-Cups

BOOK IN BRIEF

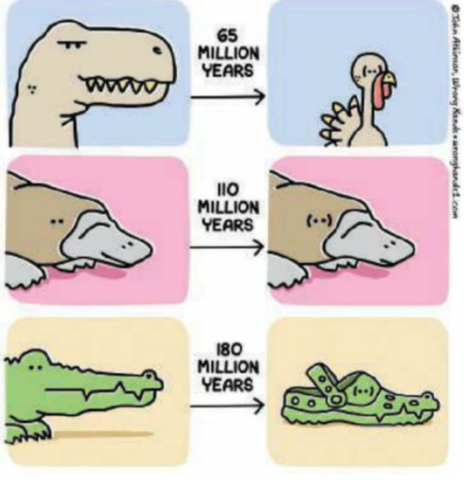
The first 'mission-driven' companies

THESE DAYS, IT'S COMMON FOR MAJOR public companies to market themselves using words like *sustainability* and *mission-driven.* But University of Baltimore history professor Joshua Clark Davis argues this kind of branding derives from big corporations' antithesis: small businesses, especially those born during the social-justice movements of the 1960s. In his new book, *From Head Shops to Whole Foods,* Davis profiles several of these entrepreneurial ventures, such as the black-owned Drum and Spear Bookstore and the feminist Diana Press, and explains how they pioneered what he calls "activist entrepreneurship" by selling progressive products, using storefronts as political spaces, sharing ownership, limiting growth and de-prioritizing profit. Although many of these businesses have since closed, their language legacy lives on, albeit in ways that would likely make their founders cringe. —SARAH BEGLEY



CHARTOON

Disappointing moments in evolution



JOHN ATKINSON, WRONG HANDS

For more on these stories, visit **time.com/ideas**

SNAPSHOT

A triumph over censorship

Can an ancient building make a modern political statement? Absolutely, according to Argentine artist Marta Minujín. She crafted a replica of the Parthenon, the Greek temple for goddess of wisdom Athena, as a protest against censorship. *The Parthenon of Books* is the centerpiece of the contemporary art show "Documenta" and includes thousands of banned books, such as *Uncle Tom's Cabin, 1984* and the *Harry Potter* series. Fittingly, it stands in Kassel, Germany, where Nazis helped burn 2,000 books by Marxist or Jewish authors in 1933. The plastic-covered books, which the public donated, will re-enter circulation after the show's Sept. 17 close. —*Julia Zorthian*

HISTORY

How climate change became a political issue

CLIMATE CHANGE CAN SEEM LIKE AN intractably divisive issue in U.S. politics. But that polarization is a surprisingly recent phenomenon, and it didn't develop all at once.

As new evidence emerged in the 1980s that humans were heating the planet, those on both sides of the aisle expressed concern. In 1988, Republican presidential candidate George H.W. Bush even called for integrating "environmental considerations into all policy decisions." As President, he pushed to launch the U.N. body that would lead to global deals on climate, including the Paris Agreement.

At the same time, those whose bottom lines would be affected by emissions limits mobilized to try to discredit the science. (Perhaps the best-known example was Exxon Mobil's funding of think tanks that boosted contrarian views on climate change.) That research was used to lobby lawmakers—specifically pro-business Republicans—against measures to cut emissions. President George W. Bush angered environmentalists by sidestepping climate change in his early days in office, but even so his Administration set an emissions-reduction target in 2008 and increased fuel-efficiency standards.

The election of President Barack Obama and the rise of the Tea Party changed the mood. A wave of opposition made anything the White House touched—including curbing global warming—toxic for Republicans. A glimmer of bipartisanship on climate change has since re-emerged. But today it appears that the spirit of 1988 remains out of reach.

—JUSTIN WORLAND

For more on these stories, visit **time.com/history**

SURVEY: ILLUSTRATION BY MARTIN GEE FOR TIME; SNAPSHOT: UWE ZUCCHI—PICTURE-ALLIANCE/DPA/AP

DATA

THIS JUST IN

A roundup of new and noteworthy insights from the week's most talked-about studies:

1

HAPPINESS DEFINITELY IMPROVES HEALTH

A review in *Applied Psychology: Health and Well-Being* that analyzed more than 150 studies found that high subjective well-being—a rating people give their own lives—can positively affect everything from the cardiovascular system to immunity.

2

ONE IN THREE CASES OF DEMENTIA COULD BE PREVENTED

A report in *The Lancet* found that practicing healthier habits in nine ways, such as avoiding smoking and keeping blood pressure reasonable, could prevent brain decline in one-third of all dementia patients.

3

BELIEVING YOU'RE NOT ACTIVE COULD DIMINISH EXERCISE BENEFITS

A study in *Health Psychology* analyzing data from over 60,000 adults controlled for activity level and found that people who believed they were less active than others were 71% more likely to die during the study's follow-up period of up to 21 years than those who thought they were more active.

—*J.Z.*

Notre Dame cathedral is crumbling. Who will help save it?

By Vivienne Walt/Paris

ON AN AVERAGE SUMMER DAY IN PARIS, ABOUT 50,000 tourists pass through Notre Dame cathedral, one of the finest buildings of the medieval era still standing. Visitors from dozens of countries gaze up at the spectacular stained-glass windows, tiptoe through its vast choir and nave and whisper in awe at the centuries-old sculptures and paintings that line the walls.

Notre Dame, which looms over the capital from an island in the center of the city, is a constant reminder of Paris' history. It has seen more than its share of epic dramas, including the French Revolution and two world wars. But now there is another challenge. Some 854 years after construction began, one of Europe's most visited sites, with about 12 million tourists a year, is in dire need of repairs. Centuries of weather have worn away at the stone. The fumes from decades of gridlock have only worsened the damage. "Pollution is the biggest culprit," says Philippe Villeneuve, architect in chief of historic monuments in France. "We need to replace the ruined stones. We need to replace the joints with traditional materials. This is going to be extensive."

It will be expensive too, and it's not at all clear who is prepared to foot the bill. Under France's strict secular laws, the government owns the cathedral, and the Catholic archdiocese of Paris uses it permanently for free. The priests for years believed the government should pay for repairs, since it owned the building. But under the terms of the government's agreement, the archdiocese is responsible for Notre Dame's upkeep, with the Ministry of Culture giving it about €2 million ($2.28 million) a year for that purpose. Staff say that money covers only basic repairs, far short of what is needed. Without a serious injection of cash, some believe, the building will not be safe for visitors in the future. Now the archdiocese is seeking help to save Notre Dame from yielding to the ravages of time.

> 'We need to replace the ruined stones. We need to replace the joints with traditional materials. This is going to be extensive.'
>
> **PHILIPPE VILLENEUVE,** architect in chief of historic monuments in France

THE ARCHITECTS OF NOTRE DAME knew all too well about lengthy building work; it took more than a century to build the cathedral, beginning in 1163. It was periodically vandalized over the turbulent centuries that followed. Rioting Huguenots damaged parts of the building they believed to be idolatrous in the mid–16th century. During the French Revolution, mobs of people carted off or smashed some of its paintings and statues. The hated royalty suffered the brunt of the carnage, with crowds destroying 28 statues of monarchs from the building's Gallery of Kings. After that, Notre Dame languished in neglect.

Then in 1831 came Victor Hugo's book *The Hunchback of Notre Dame,* whose hero was the disfigured bell ringer Quasimodo. In it, France's beloved writer raised alarm about the building's decay, describing "mutilations, amputations, dislocations of the joints." "Beside each wrinkle on the face of this old queen of our cathedrals," he wrote, "you will find a scar."

But for Notre Dame, Hugo's book

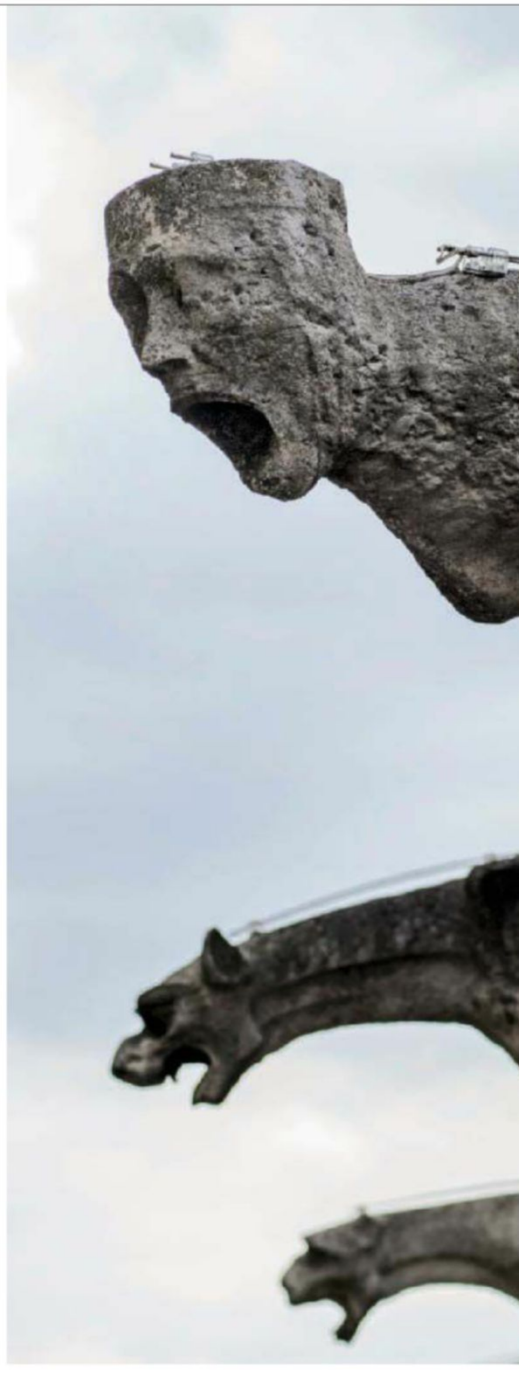
1163
Year that construction began on the cathedral

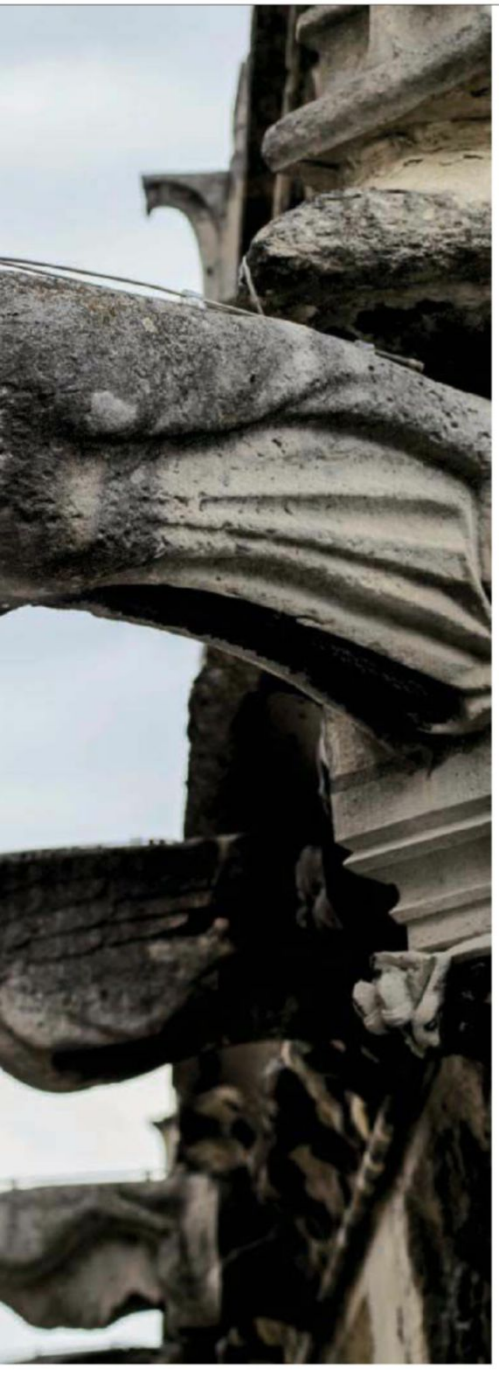
5,000 oak trees
Source for the wood-timber roof, built by medieval craftsmen

$6.84 million
Cost to restore the spire, which has been deemed the most urgent task

$114 million
Amount the archdiocese hopes to raise in the next five years

12 million
Number of tourists who visit Notre Dame each year





Many of Notre Dame's gargoyles, which act as rain spouts, have corroded and been replaced with PVC tubes

sparked fresh problems. The best seller inspired a restoration in 1844, which used low-quality stone and even cement, since France at the time could not produce the quantities of high-grade material that the job required.

Nearly 200 years on, that 19th century work is crumbling (though the medieval construction is mostly in better shape). One blazing hot day in early July, a staff member unlocked an old door off the choir and led TIME up a stone spiral staircase and out onto the roof, high above the crowds. Here, the site seemed not spiritually uplifting but distressing. Chunks of limestone lay on the ground, having fallen from the upper part of the chevet, or the eastern end of the Gothic church. One small piece had a clean slice down one side, showing how recently it had fallen. Two sections of a wall were missing, propped up with wood. And the features of Notre Dame's famous gargoyles looked as worn away as the face of Voldemort. "They are like ice cream in the sun, melting," says Michel Picaud, head of the nonprofit Friends of Notre Dame de Paris, looking up at them.

What is more, some fear the problem is getting worse. "The damage can only accelerate," says Andrew Tallon, an associate professor of art at Vassar College in Poughkeepsie, N.Y., and an expert on Gothic architecture. Having carefully studied the damage, he says the restoration work is urgent. If the cathedral is left alone, its structural integrity could be at risk. "The flying buttresses, if they are not in place, the choir could come down," he says. "The more you wait, the more you need to take down and replace."

The church was not fully aware of the extent of the problem, say those at Notre Dame. Until a few years ago, the government effectively made the private areas off-limits. "There used to be about 200 old keys, so it was very, very difficult," says André Finot, a spokesman for Notre Dame. Eventually, the government standardized the keys and allowed its tenants to climb the hidden stone staircases and access the upper levels. "We were shocked when we got up there," Finot says.

The government hasn't completely ignored the cathedral's plight. In 2012, its bells were replaced to mark its 850th birthday. This year, authorities budgeted an extra €6 million ($6.84 million) to restore the spire. Water damage to the spire's covering is threatening the wood-timber roof, which the medieval craftsmen built using 5,000 oak trees. The restoration will begin in the fall. But a Ministry of Culture official says Notre Dame should not expect regular help of this kind. To the government, the cathedral is just one of many old buildings in need of care. "France has thousands of monuments," says the official, who was not authorized to speak to the media. Among them, Notre Dame is not necessarily the most pressing case. "It will not fall down," she says.

STILL, THERE IS PLENTY of alarm in the church. Finally accepting that the government would not pay to restore the cathedral, the archdiocese launched Friends of Notre Dame in October to appeal for help. It hopes to raise €100 million ($114 million) in the next five to 10 years. "There is no part of the building untouched by the irreparable loss of sculptural and decorative elements, let alone the alarming deterioration of structural elements," the organization says on its website. The cathedral, it says, "is in desperate need of attention."

Picaud, a retired software executive who heads the fundraising effort, says he is planning a marketing drive in Paris in November. But he believes the bulk of the money will come not from the French but from Americans, millions of whom know Notre Dame and who are less hesitant than the French about giving money to the church. "People don't want to give money because of *laïcité*," says Finot, referring to the strict secularism that infuses French law. "So our message is, This is not about religion. It is about our heritage. Notre Dame is open to Muslims, and everyone." Finot and Picaud expect to raise most of the funds through large donations and are discussing with government officials whether to acknowledge that generosity with a plaque at Notre Dame.

In April, the U.S. Internal Revenue Service granted Friends of Notre Dame tax-free status, and the organization is planning to hold a five-city American road show in spring 2018 in an all-out push to raise the money. By the time serious renovation work begins—perhaps sometime before the end of this decade—the damage could be worse than it is today. But at Notre Dame, history is counted not in years but in centuries. "We hope it will last forever," Picaud says. "But it cannot last forever without this renovation." □

VINCENT FOURNIER FOR TIME

How to ease Europe's fears about the new U.S.-Russia relationship

By Admiral James Stavridis

VLADIMIR PUTIN IS A MALEVOLENT FORCE IN INTERnational relations. He constantly scans the horizon for opportunities to inflict damage on his biggest strategic target: the transatlantic alliance. He calculates that anything he does to damage it increases Russian influence and opportunity in the region. It's working.

As both Congress and the White House wrestle with the U.S.-Russia relationship, we should spare a moment to consider how it all looks from overseas, where our credibility as a global force for good is deteriorating by the moment. Despite President Trump's recent feel-good visit to Paris, the level of angst in European capitals over the U.S. Administration is shockingly high. The recent G-20 summit further exacerbated concerns—especially Trump's two-hour meeting there with Putin, made at the expense of time with allies, partners and friends. Fortunately, the House has passed a stronger set of sanctions on Russia, and it appears the White House—after some hesitation—will accept them, if they pass the Senate. This would be the right move, but only a first step.

The recent revelations that tie Trump's son and son-in-law to a sleazy meeting with a Russian lawyer will only increase the worries in Europe of a U.S. Administration tied in knots for years by investigations. An even worse scenario, from its perspective, would be any capitulation to Putin by the U.S. paired with a lack of sufficient cyberdefense. The open war between Trump and most of the media intensifies all of this. And so the palpable sense of unease in European capitals grows. What should we do? These six things:

1. Leverage our remaining credibility. While the reputations of Secretary of Defense Jim Mattis, Secretary of State Rex Tillerson and National Security Adviser H.R. McMaster are ebbing, given missteps in the White House, all three are still respected internationally. Send them on stand-alone missions to reassure allies.

2. Keep strong sanctions. Removing them is Putin's greatest short-term desire. Nothing would upset the Europeans more than being left "holding the bag." Trump's musing about easing the sanctions was a mistake, and his decision to support them would be welcome. We should continue to monitor their implementation with an eye toward further increases, if warranted.

3. Defend our 2016 and '18 elections. Putin will try again to manipulate them in ways that, even if they don't affect outcomes, divide us and weaken us internationally. Our ability to prevent further damage rests on two pillars. The first is defense—in the cybersphere and in responding to obvious fake news. We need to move away from an electoral process dominated by an anger industry that's pulling us apart and creating these vulnerabilities. The second is creating deterrence by demonstrating offensive capability. Since Russia's elections are effectively nonexistent, our responses should be asymmetric. Perhaps we could reveal the finances of Russian political actors, thus undermining Kremlin propaganda. We should also offer to help our European partners defend their elections.

4. Strengthen NATO. Keep the pressure on our European allies to increase defense spending to 2% of GDP (something the Trump Administration has done well, with real results). We should also confront Russia on the European continent with more exercises, training events, maritime patrols in the Black and Baltic seas, intelligence-gathering and asset-pooling. Doing so would show resolve and thus reduce the chance of Putin's miscalculating and clashing with a NATO state, like one of the small Baltic republics.

5. Invest in the European leaders who matter—German Chancellor Angela Merkel and French President Emmanuel Macron above all. Better relations with those countries, which will be at the center of the post-Brexit E.U., are critical. Trump's visit to France was good. Regular trips by Mattis and Tillerson would be even better.

6. Counterintuitively, keep communications with Russia open. Seek whatever windows of cooperation we can create, potentially including counterterrorism and the fight against ISIS; counternarcotics (we both have an opioid problem); Afghanistan (despite Russia's double game, it wants a stable government); Syria (an international commission could lead to a quasi-partition, like in the Balkans); and North Korea. Confront where we must, but cooperate where we can.

Despite Trump's ill-considered words at the G-20 summit, there is no "honor" in meeting with this Russian President. As our allies across the Atlantic drift away, we need to respond to the darkening view from abroad or else risk significant setbacks in Europe and beyond.

Stavridis is dean of the Fletcher School of Law and Diplomacy at Tufts University and a former Supreme Allied Commander at NATO

U.S. PRESIDENTS ON PUTIN

"[He] could get squishy on democracy."
—Bill Clinton

"No, Vladimir, you're cold-blooded."
—George W. Bush

"Vladimir Putin is not on our team."
—Barack Obama

"We look forward to a lot of very positive things happening for Russia, for the United States and for everybody concerned."
—Donald Trump

CLINTON, BUSH, OBAMA, TRUMP: AP

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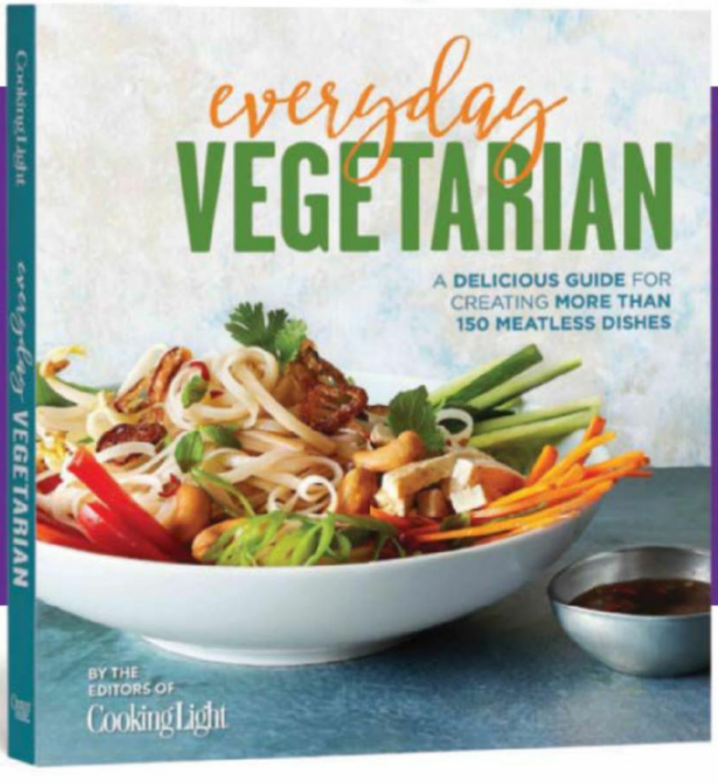

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Oxmoor House.

Laurie Holt's son Joshua has been imprisoned without due process in Venezuela for more than a year

Politics

THE ART OF THE HOSTAGE DEAL

Inside President Trump's efforts to free Americans held captive abroad

By Elizabeth Dias/Riverton, Utah

PHOTOGRAPH BY MICHAEL FRIBERG FOR TIME

Armed Venezuelan police stormed Thamara Candelo's apartment complex at dawn on June 30, 2016. It was two weeks after her wedding day, and Candelo's American husband, Joshua Holt, was lying in their bed in Caracas. One officer demanded to see his visa. Others ransacked the rooms, took Holt's phone and finally ordered him to get into a pickup truck. For the next five hours, his gun-toting captors mocked and hit him. Then they took him to the Helicoide, a prison home to the Venezuelan intelligence police. He has not been allowed out since.

Holt, 25, sent this account of his capture in a letter last August to his parents, who live south of Salt Lake City in his childhood home. It was only the beginning of an ordeal his family could never have fathomed when the young couple met online through their church that year. Holt was accused of arms possession, though witnesses told his family and lawyers that they watched agents plant firearms in the apartment after the arrest. He and Candelo have been held without trial. Five preliminary hearings have been canceled, with no explanation other than judges or courts were unavailable.

According to his family, Holt has lost more than 50 lb. subsisting on the prison's diet of uncooked chicken and raw pasta, meals former Helicoide inmates have claimed are mixed with feces. He was denied medical care for bronchitis, a kidney stone and pneumonia. When an infection spread from his jaw to his eye, authorities pulled a tooth and filled the hole with cement, right atop his exposed nerve. Holt became suicidal. On July 3, the 368th day of his imprisonment, he fell from his bunk when guards woke him, sustaining what his family fears was a concussion and a back fracture. "Demons stroll the hallways," Holt wrote of the prison. "I have been told by 10 or 20 people, prisoners and guards, that I am here because I am American."

At any given moment, a handful of innocent Americans are detained in grisly conditions by hostile governments. Others are held by terrorist groups. At least four U.S. citizens are currently imprisoned in Iran. A North Carolina pastor is jailed in Turkey, accused without public evidence of membership in a group the government considers to be terrorists. Last year, North Korea seized Otto Warmbier, an Ohio college student visiting Pyongyang on a tour program, and sentenced him to 15 years of hard labor for allegedly trying to steal a propaganda poster. Warmbier fell into a coma in captivity after "tortuous mistreatment," according to his family, and died days after he was finally released in June. Three other Americans remain in prison in North Korea.

Many of the families of these captives are united by a faith that President Trump will do what it takes to win their loved ones' release. As a candidate, Trump promised that his dealmaking

skills would free innocent Americans held abroad. "This doesn't happen if I'm president!" Trump tweeted a few weeks before Election Day, when Iran sentenced two Americans for allegedly spying. As President, Trump has indeed pushed forcefully, and personally. In April, his Administration negotiated the release of aid worker Aya Hijazi, who had been held for three years in an Egyptian prison. Trump sent a plane to pick her up and tweeted a photo montage of him and Hijazi with Lee Greenwood's "God Bless the USA" playing in the background. He has boasted about the deal in interviews, saying it took him just 10 minutes in the Oval Office with Egyptian President Abdul Fattah al-Sisi to secure Hijazi's release. "President Obama tried and failed many times over three years, but we were able to get this done in a very short period and that is an amazing victory for Aya and her family," Trump tells TIME, adding that "there have been other releases, some that we can't talk about."

Senior White House officials have held dozens of meetings with captives' families in the first months of the Administration. Deputy National Security Adviser Dina Powell speaks every two weeks with Babak Namazi, whose father and brother are imprisoned in Tehran and were the subject of Trump's pre-election tweet. Lawyers for Andrew Brunson, the pastor detained in Turkey since October, say Trump aides have been involved in their case since the presidential transition.

All this outreach from the highest levels of government is why Josh Holt's family believes Trump will be his savior. "Right after Trump's Inauguration, I thought, He's going to get him home," Josh's mother Laurie Holt tells TIME from her living room, where FAITH - FAMILY - FRIENDS is stenciled above the window. Laurie was invited to the White House in April. Even Donald Trump Jr. has weighed in on behalf of the Holts, according to Republican Senator Orrin Hatch of Utah. At one point, Trump Jr. offered to go to Venezuela, Hatch says. A lawyer for Trump Jr. did not return multiple requests for comment, and the Trump Organization declined to comment.

U.S. Presidents have often struggled with the challenge of when to trade favor or treasure for Americans captured abroad. Trump says he will deal forcefully with foreign adversaries. "We are aggressively pursuing the release of our people. We will leave no lawful tool, partnership or recovery option off the table," Trump tells TIME. "I am always tough on countries or terrorist groups that hold our people hostage or detain them on fake charges and keep them captive in hellish locations far from their family and loved ones."

Trump may find that the issues are not as black and white as he and the families that have placed their hope in him initially thought. In the past, hostile foreign governments have demanded a high price for the release of captives, from the release of criminals in the case of Iran to diplomatic concessions in the case of North Korea. "Securing the release of American hostages is really hard," says longtime U.S. diplomat James Dobbins, now a senior fellow at the Rand Corp. "Normally, the only options are to rescue or ransom them. Rescue requires first locating them and is not even an option when they are being held by another state. Paying ransom is against U.S. policy as it only encourages more hostage taking. This leaves U.S. officials with a very narrow range of alternatives."

'I have been told by 10 or 20 people, prisoners and guards, that I am here because I am American.'

JOSHUA HOLT, imprisoned in Venezuela

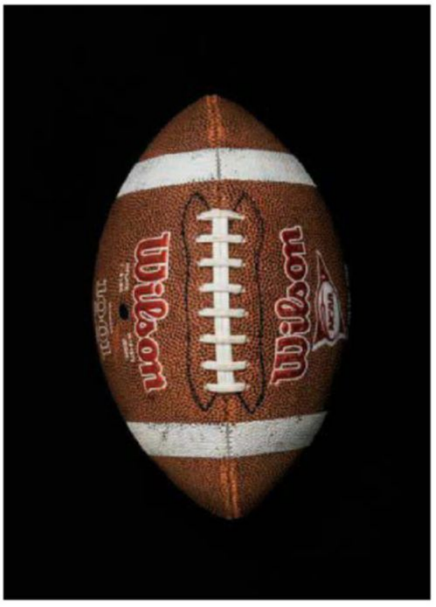
WHEN FOREIGN ADVERSARIES take captives, the course of history can change. It's a tribal tale woven through mythology. When Hades kidnapped Persephone, despair killed all the fruits of the earth until the Greek gods reached a compromise. The Trojan War of Homer's *Iliad* was fought to bring home Menelaus' wife Helen, the woman whose face launched a thousand ships. In America's earliest days, President George Washington paid ransoms for shipping crews taken by Algerian pirates. Less than a decade later, Thomas Jefferson refused to do the same, starting the First Barbary War. Jimmy Carter's presidency buckled under the humiliation of Iranian revolutionaries holding 52 Americans for 444 days. When George W. Bush was in the White House, Colombia's Revolutionary Armed Forces held three American defense contractors captive for five years until they were rescued in a military helicopter operation.

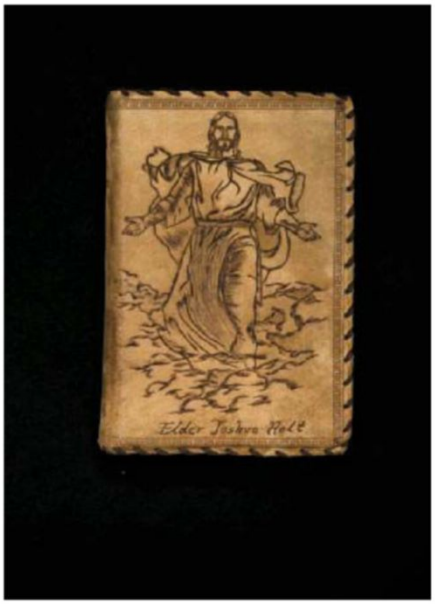
Barack Obama's presidency changed in the summer of 2014, when the Islamic State beheaded an American hostage, freelance journalist James Foley, and posted the macabre footage online. Two other Americans met a similar end. In the aftermath, several of their families spoke out against what they saw as the Obama Administration's inaction and refusal to pay the ransoms the terrorists demanded. (By contrast, many European governments do pay ransoms.)

Partly in response, Obama created the first-ever special presidential envoy for hostage affairs as well as a new interagency Hostage Recovery Fusion Cell to coordinate intelligence, diplomatic, legal and military efforts to bring Americans home safely and to better communicate with victims' families. By most accounts, the new efforts were an improvement. Many families finally felt like the Administration was giving them the voice and information they desired amid the bigger geopolitical policy priorities. "Our citizens are held as hostages because they are Americans, so getting them released means understanding what kidnappers want from America," says James O'Brien, Obama's hostage envoy.

Despite the political rancor over Trump's election, aides to both Administrations have largely cooperated on hostage and detainee cases. "Obama deserves some credit," Homeland Security Adviser Thomas Bossert said at an Aspen Institute event in mid-July. But the new Administration has also gone its own way.

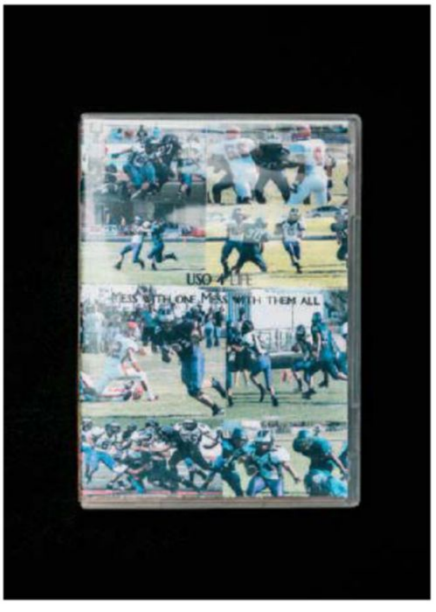
Trump's first hostage crisis came early in his presidency. Two months after Trump negotiated Hijazi's release from Egypt, he got on the phone with Warmbier's parents, who were in disbelief

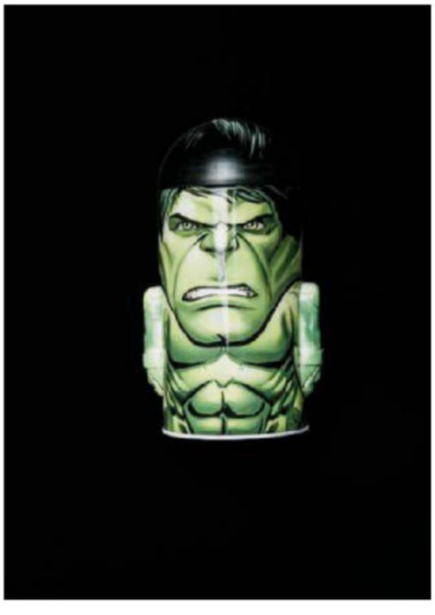


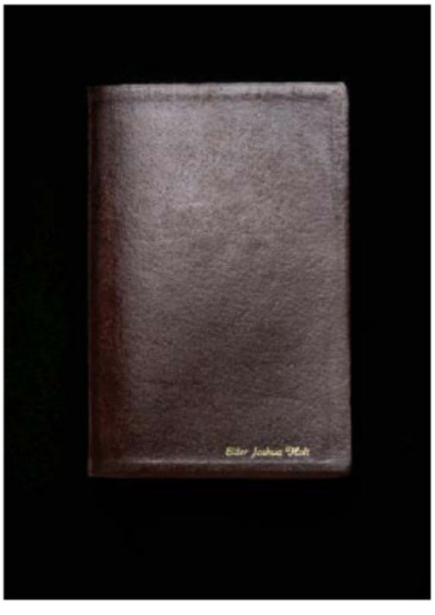


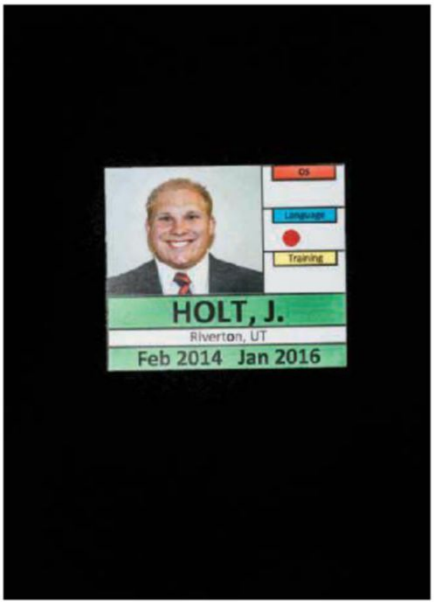
OBJECTS FROM A LIFE INTERRUPTED

Holt's bedroom at his parents' home in Utah remains almost untouched since he left for Venezuela in 2016. His possessions include his watch collection, a high school football, a reel of his sports highlights, scriptures of the Church of Jesus Christ of Latter-day Saints, an Incredible Hulk piggy bank and his neon green sneakers—his favorite color.









MICHAEL FRIBERG FOR TIME (8)

about their son's incurable comatose state. "It was, 'Are you taking care of yourself?' and, 'We worked hard, and I'm sorry this is the outcome,'" Otto's father Fred recalled, days before his son died. Trump sent Powell to the funeral in Ohio to represent the White House. "Otto's fate," Trump said, "deepens my Administration's determination to prevent such tragedies from befalling innocent people."

Trump directed the National Security Council to create strategies for each detainee, a senior Administration official says. Take the case of the Namazi family. Siamak Namazi, a 45-year-old businessman and dual citizen of the U.S. and Iran, was visiting his family in Tehran in 2015 when authorities intercepted him at the airport and locked him in solitary confinement. For months, his father Baquer, 80, who is also a dual citizen, went to the prison every day to beg the guards to let him see his son. Then he, too, was seized. In a petition filed to the U.N., their lawyer Jared Genser notes that Iranian authorities have presented no evidence to support their accusation that the Namazis were spying. Since Trump's Inauguration, Babak Namazi, Siamak's brother and Baquer's son, has been invited to the White House four times, an opportunity never granted under Obama. Trump Administration officials raised the Namazi case with Iranian counterparts in Vienna this spring during a compliance review of the 2015 Iran nuclear deal. On July 21, the Trump Administration threatened Iran with "new and serious consequences" unless all unjustly imprisoned Americans were returned.

Lawyers for Brunson, the North Carolina pastor detained in Turkey, also praise Trump's support. Brunson, who had lived in Turkey for 23 years, was accused of being tied to a cleric, now in the U.S., whom the Turkish government accused of staging a coup against President Recep Tayyip Erdogan last year.

Brunson's attorney Jordan Sekulow, the son of Trump's personal lawyer Jay Sekulow, says it took a petition with hundreds of thousands of signatures to get the Obama White House to focus on the fate of a former client, pastor Saeed Abedini, who was held in Iran before being freed after the implementation of the nuclear deal with Iran. In contrast, Sekulow began working with Vice President Mike Pence's staff on the Brunson case shortly after Election Day. Secretary of State Rex Tillerson met with Brunson's wife Norine when he visited Turkey in March. When Trump hosted Erdogan in the Oval Office in May, he asked for Brunson's release and insisted that the request be included in the meeting's readout.

"They are different than the Obama Administration, which was strategy before action, heavier on strategy, lighter on action," says David Bradley, chairman of Atlantic Media, who has worked closely with the families of Americans captured by the Islamic State. "The Trump Administration is more focused on action, pedal to the metal, one to take much greater risk, politically."

'This White House has placed a higher priority on securing the release of Americans unfairly jailed or detained overseas ...'

MARCO RUBIO, Republican Senator from Florida

Trump's moves have drawn plaudits from supporters across the U.S. as well as Republicans on Capitol Hill. Evangelist Franklin Graham asked his nearly 6 million Facebook followers to thank Trump for pushing for Brunson's release. Republican Congresswoman Ileana Ros-Lehtinen of Florida is among those to praise Trump for issuing three rounds of sanctions against Venezuelan officials. "It's absolutely true," says Senator Marco Rubio of Florida, "that this White House has placed a higher priority on securing the release of Americans unfairly jailed or detained overseas than the previous Administration did."

TRUMP'S APPROACH raises questions of its own. Obama never invited al-Sisi to the White House: his rise to power included a coup, and the State Department and outside observers have criticized the regime's repeated human-rights abuses. Even though Trump's Oval Office sit-down with al-Sisi resulted in Hijazi's release, critics feared the invitation signaled the Administration's blessing of the regime. Broader policy discussions, Obama's envoy O'Brien says, are necessarily part of getting hostages released. Iran and Cuba released U.S. prisoners after extensive diplomatic and security negotiations with Obama Administration officials. "Seeking the release of a hostage without encouraging more such incidents requires more patience, subtlety and dedication to the task than most American leaders can bring to bear, or risk," says Christopher Hill, a four-time ambassador under three Presidents.

Families too are beginning to worry that geopolitical realities may make it hard for Trump to deliver on his promises. On July 26, the Trump Administration announced the latest round of sanctions on current and former Venezuelan officials. "I am concerned that the government does not take into consideration the possible negative consequences that these sanctions could have on Josh Holt," says Holt family lawyer Carlos Trujillo.

There's also a concern that Trump's impulsive comments could complicate other strategic U.S. efforts to get captives released. The same day that Chinese Nobel laureate and human-rights activist Liu Xiaobo died after nearly a decade as a political prisoner, Trump called Chinese President Xi Jinping "a terrific guy" for whom he has "great respect." The White House later stated that Trump was "deeply saddened" by Liu's death, but some activists feared that Trump had effectively removed any incentive for Xi's government to free Liu's wife, who remains under house arrest, and potentially undercut his Secretary of State's call for the government to set her free, made the same day.

Then there are practical matters. Trump has not appointed a new special presidential envoy for hostage affairs, the position Obama created to streamline solving such cases and to centralize assistance for hostages' families. The

Hostage Recovery Fusion Cell continues its work, but largely devotes its resources not to cases of Americans like Warmbier or Holt, who were detained by governments, but to criminal and terrorist hostage cases, where Americans have been kidnapped by nonstate actors. Financial assistance for victims is similarly split, leaving those detained by foreign governments in the lurch. "As a country, we should be helping the few people unfortunate enough to become political causes," O'Brien says. "It is important that the U.S. government do more to support the families and the prisoners once they come home."

NONE OF THIS has dimmed the Holt family's faith in Trump. Soon after Josh's parents got word last summer that he and Thamara had been taken, they reached out to their elected officials and learned to use WhatsApp to communicate with their South American legal team. Within a week, they launched a #JusticeForJosh social-media campaign and asked people to tweet at then candidate Trump. "We have gotten word he could help us," the family posted on Facebook in July 2016.

At first, Laurie says, she had a hard time getting Washington's attention, though Secretary of State John Kerry brought up Josh's case when he spoke with Venezuelan President Nicolás Maduro in September 2016. When Laurie first visited D.C. last fall, she had meetings with State Department officials and her local representatives. Soon after, she says, U.S. officials recommended that the family keep Josh's case quiet during a pending U.S. Administration change. But as the months went on, she and her husband became convinced that that was a mistake.

When she returned to Washington in April, Laurie was surprised and relieved to be invited to the White House. For an hour, the 49-year-old accountant sat down with Trump's then Deputy National Security Adviser, K.T. McFarland, who assured her that the President was already aware of her son's case. Laurie has not heard from the White House since then, and McFarland has left the White House.

Behind the scenes, Trump Jr. has been working with Hatch to get Holt released, the Senator says. During the 2016 presidential race, Trump Jr. and Hatch had campaigned together in heavily Mormon districts out west, and Hatch brought up Holt's case. Since his father took office, Trump Jr. has remained involved, Hatch says. At one point, Hatch says Trump Jr. brought in friends from New York who did business in the region. "They indicated they might be able to do something," Hatch says. "I was willing to stretch real hard to help them if they would help get this young man out." But the idea was ultimately discarded, according to Hatch.

On a Friday evening in early July, the Holt family held a press conference near their Utah home. In a landscaped park featuring splash playgrounds and basketball courts, Holt's parents pleaded with Trump and U.N. ambassador Nikki Haley to intervene on Josh's behalf. Hatch spoke, and friends came from their Church of Jesus Christ of Latter-day Saints congregation and from Holt's high school football team. But the rally was small compared with the scene on the other side of the park, where kids cartwheeled and families picnicked, enjoying the end of a summer workweek.

It was a reminder of just how lonely their struggle remains. When Laurie and Jason leave for work each morning, they see an American flag across the street atop their church flagpole, which Josh built for his Eagle Scout project. When they return home, they spend their evenings calling their lawyers, researching new strategies and trying to be good parents to their three other children, who have at times felt placed on the back burner. They shelled out more that $30,000 for their first legal team before they found new representation. Even in captivity, Josh's car payments and other bills are still due.

Behind the scenes, Donald Trump Jr. has been working with Utah Senator Orrin Hatch to get Holt released

Venezuela's political crisis has accelerated as its economic situation deteriorates. Maduro plans to hold a vote on July 30 that senior Administration officials say will move his rule toward dictatorship. In 2016, three-quarters of Venezuelans lost an average of 19 lb. each amid food shortages, according to a survey on living conditions there. Violent police raids on apartment complexes have continued, and in May, Venezuela launched Operation Knock-Knock to round up alleged antigovernment conspirators. Washington and Caracas have not had ambassadors since 2010, and in December the State Department issued a warning to U.S. citizens against visiting Venezuela.

Venezuela's national oil company gave $500,000 to Trump's Inauguration through Citgo Petroleum, the subsidiary it owns in the U.S. and which the Holts are boycotting. But after Trump's second round of sanctions against its officials in May, Maduro soured on the Trump Administration. "Get your dirty hands out of here," he said in a televised speech to Trump, who has called the Venezuelan humanitarian crisis "a disgrace to humanity." Meanwhile, Russian President Vladimir Putin started sending several thousand tons of wheat each month to Venezuela, which leveraged nearly half of Citgo for a loan from a Russian state-owned oil company. (The Venezuelan embassy in D.C. did not comment on Holt's case, after multiple requests.)

The Holts refuse to give up. Every so often, Laurie goes downstairs to dust her son's bedroom. It remains almost exactly as it was the day he left. A painting of Jesus hangs above the foot of his bed, where he wanted it to be so that he could see it first thing each morning. Josh's wristwatch collection sits in a box on his dresser, save the favorites he took to Venezuela for his wedding, lost now to prison guards. Laurie has filled his closet with gifts for her son's new family, ready for whenever Josh and Thamara are freed. There are winter snow bibs from when she hoped they'd be home for Christmas, and now, in summer, Hello Kitty dresses for her new granddaughters. The tags are still on.

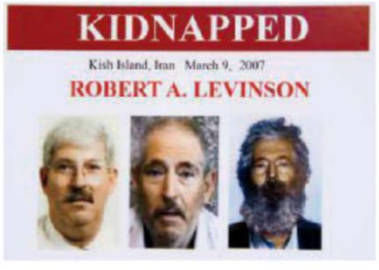
"All our family wants is to have him and his family home with us, so that we can start to be whole again," Laurie says. "His only mistake was falling in love with somebody that was so far away."

—*With reporting by* MASSIMO CALABRESI/WASHINGTON ◻

ANDREW BRUNSON
The North Carolina pastor was detained last October in Turkey, where he has lived for more than two decades. Turkish authorities accused Brunson of belonging to a group the government considers to be a terrorist organization. In May, Trump personally asked Turkish President Recep Tayyip Erdogan to free Brunson. He is still being held.

KIM HAK-SONG
Kim, a U.S. citizen, was working on agriculture development with the Pyongyang University of Science and Technology when he was detained in May and accused of "hostile acts" against the North Korean regime. Two other Americans are also currently imprisoned in the Hermit Kingdom, including one of Kim's colleagues.

AYA HIJAZI
The aid worker from Virginia had spent three years imprisoned in Egypt when Trump won her release in April. The U.S. President had personally asked his Egyptian counterpart for her freedom. He hailed Hijazi's homecoming as a sign of his strength and negotiating ability.



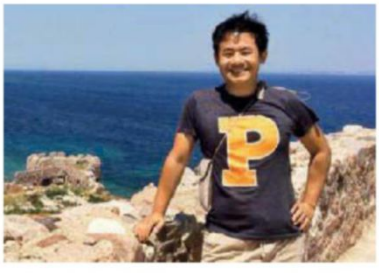
ROBERT LEVINSON
The former FBI agent disappeared after traveling to the Iranian island of Kish in 2007. Since then, his whereabouts have been largely unknown. In July, the Trump Administration demanded his release, along with the return of other Americans imprisoned in Iran.

AMERICANS HELD CAPTIVE ABROAD

The death of college student Otto Warmbier in June, just days after he was released from a North Korean prison with devastating brain injuries, grabbed headlines in the U.S. But a handful of American citizens remain in custody overseas. Here are some of their stories.

SIAMAK AND BAQUER NAMAZI
Siamak, an Iranian-American businessman, was arrested in 2015 when he arrived in Tehran to visit family. His father Baquer, a former UNICEF humanitarian, was detained months later. Both were accused of espionage and sentenced to 10 years in prison. In response, Trump tweeted, "This doesn't happen if I'm president!"

AUSTIN TICE
A freelance journalist, Tice was kidnapped in 2012 while reporting in Syria. The Trump Administration set up a secret CIA back channel with Syrian officials earlier this year in hopes of freeing him, but the idea fell apart after the Syrian government attacked a rebel-held area with chemical weapons, according to the New York *Times*.



XIYUE WANG
The Princeton University graduate student, a Chinese-born U.S. citizen, was arrested by Iranian authorities last summer while researching 19th and 20th century Qajar Dynasty for his doctoral dissertation. Wang, 37, was sentenced to 10 years in prison in April after being accused of espionage.

OTTO WARMBIER
The college student from Ohio was visiting Pyongyang on a tour in 2016 when North Korean authorities alleged that he tried to steal a political poster. Warmbier was sentenced to 15 years of hard labor. In June, North Korea released him in a comatose state; he died days later. His family alleges "torturous mistreatment."

BRUNSON: COURTESY OF THE AMERICAN CENTER FOR LAW AND JUSTICE; KIM: ZUMA PRESS; HIJAZI: REUTERS; LEVINSON: AP; NAMAZIS: COURTESY THE NAMAZI FAMILY; TICE: GETTY IMAGES; WANG: EPA; WARMBIER: REUTERS

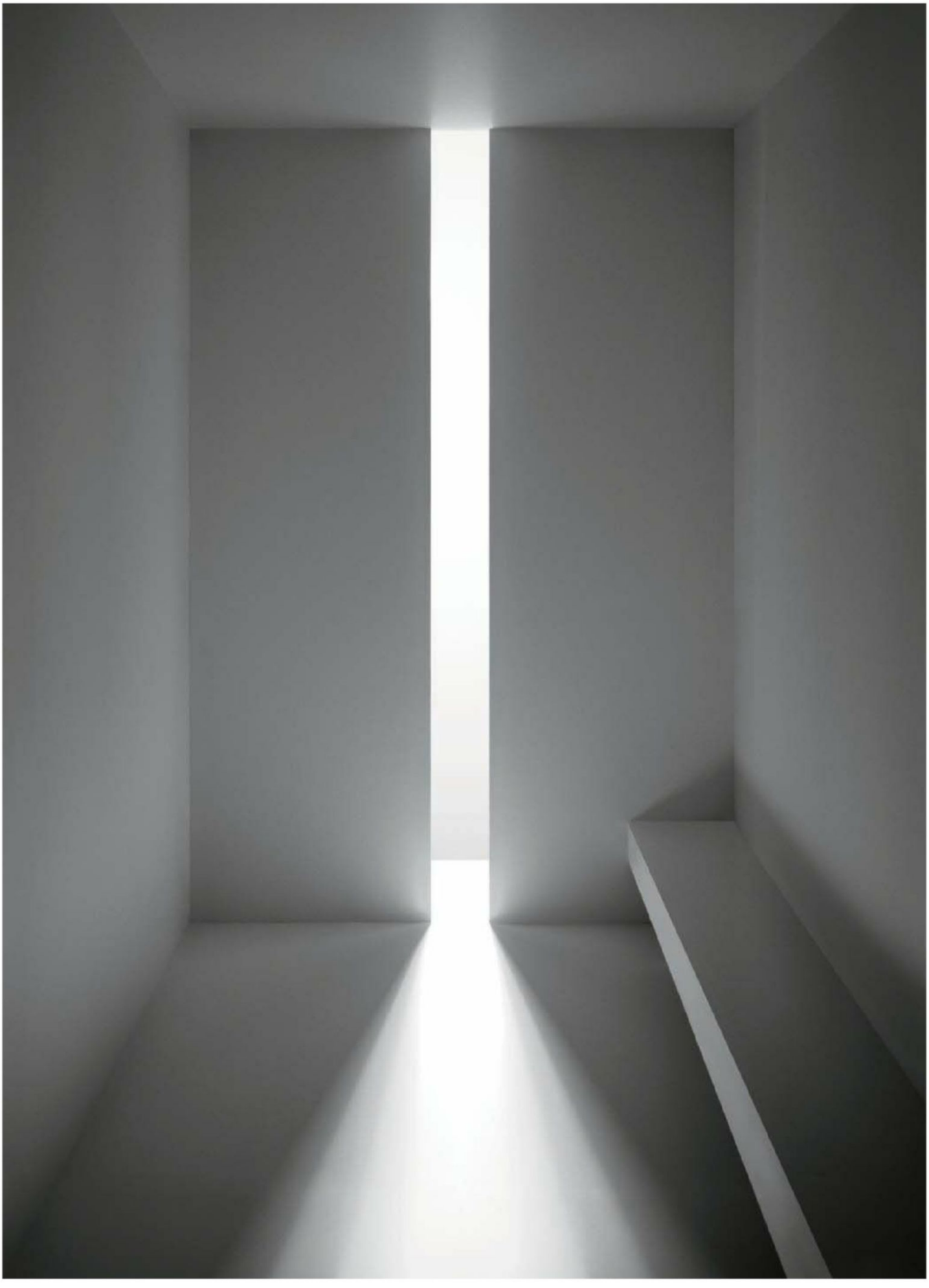
Antidepressants were heralded as miracle cures when they were introduced over half a century ago.

HOPE FROM A STRANGE SOURCE

But they never worked for everyone. Now, some doctors and patients are putting their faith in a club drug

BY MANDY OAKLANDER

PHOTOGRAPH BY
NICHOLAS ALAN COPE AND DUSTIN EDWARD ARNOLD



Barbara Reiger after getting an injection of ketamine; a trip, for her, lasts about 45 minutes

EVERY WEEK, WHEN IAN HANLEY SITS DOWN WITH his therapist, he goes through a list of depression treatments he's been researching online. The best-known treatments at the top of the list—half a dozen antidepressants and known combinations of those drugs—are all crossed out.

"My therapist says he's never had this much difficulty with somebody," says Hanley, "which is sort of a dubious honor."

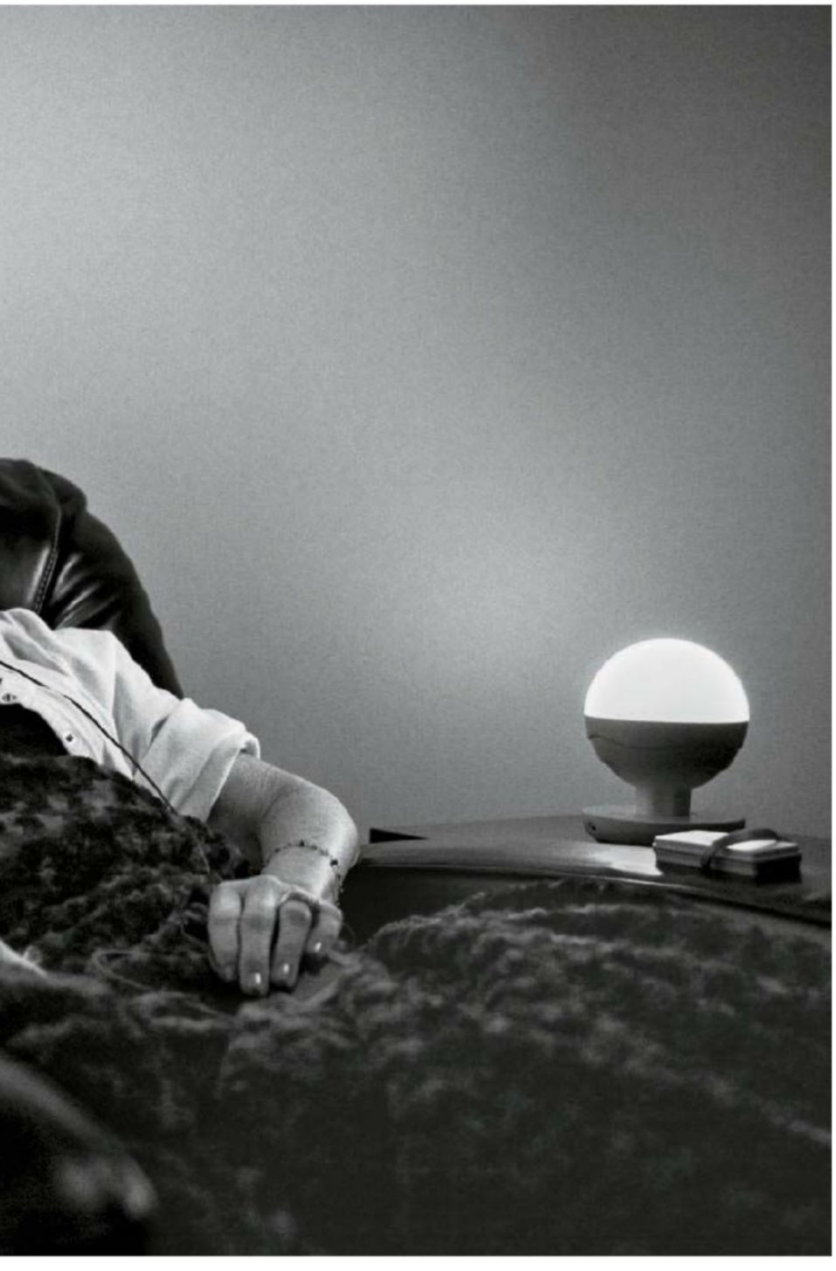
Hanley is only 21 years old, but he's already six years into his search for something, anything, that can help him feel better for more than a few weeks at a time. "I've heard people describe it as sadness, and that's not specific enough," he says. Numbness is closer, but it's not like depression inures you to suffering. "It's like not quite being alive," he says, "but still having to go through all the crappy parts of being alive."

When he was in the 10th grade, Hanley basically lost all desire to get out of bed in the morning. He started seeing a psychiatrist and a therapist—the same one he sees today—and went on Zoloft. "I wasn't catatonic anymore," he says. But the positive effects soon disappeared, like they would with every medication he's tried since.

This year, Hanley quit college and put on ice his ambitions to become a screenwriter. Now he spends most of his time waiting to start a new treatment, trying that new treatment or waiting to see if he feels better.

Most diagnoses do not come with 20-plus medicines approved by the Food and Drug Administration to treat it—and yet with depression, more options don't always mean better outcomes. Ever since the first antidepressants were introduced 60 years ago, doctors have had patients like Hanley—people who don't seem to get better even after they've worked their way through the lengthy list of available drugs. About 30% of all people with depression don't respond adequately to the available treatments. That's a dismal failure rate for a class of drugs designed to improve a person's basic ability to function.

Not that it has hurt the market. At last count, about 12% of Americans took antidepressants. Global revenue for antidepressants was about $14.5 billion in 2014 and is projected to grow to nearly $17 billion over the next three years. Clinical depression affects 6.7% of U.S. adults, or about 16 million people, and a growing number of children and teenagers too. It's the leading cause of disability in the world, costing the U.S. economy alone $210 billion a year in lost productivity, missed days of work and care



SPENCER LOWELL FOR TIME

for the many physical and mental illnesses related to depression, like anxiety, posttraumatic stress disorder, migraines and sleep disorders.

There hasn't been a major depression-drug breakthrough in nearly three decades, but a number of factors are conspiring to change that. Scientists are gaining a more nuanced picture of what depression is—not a monolithic disease, but probably dozens of distinct maladies—and they're getting closer to learning what works for which kind of ailment. With suicides in the U.S. at their highest number in 30 years, experts agree that patients need faster ways to feel better, without waiting the typical four to eight weeks it takes for antidepressants to kick in. And as old drugs have gone off patent—making them less lucrative for drugmakers—companies are eager to find new revenue streams.

The biggest development has been the rediscovery of a promising, yet fraught, drug called ketamine. It's best known as a psychedelic club drug that makes people hallucinate, but it may also have the ability to ease depression—and fast. In a race to shape the next generation of antidepressants, Johnson & Johnson and Allergan are fast-tracking new medicines inspired by ketamine. The FDA could be reviewing new drug submissions by as early as next year. Researchers, too, are exploring how to harness big data and even genetic testing to come up with new ways of treating depression for the 30% of people who don't respond to the current standard-of-care treatment options.

NEW FRONTIERS

Ketamine
There is evidence the club drug can work fast on depression

Novel medications
Inspired by ketamine, pharma is developing other medicines that act like it

Genetics
Scientists have found 15 parts of the genome that may be targeted in future treatment

'AT THIS POINT, ANY NEW TREATMENT THAT MAKES IT TO THE FINISH LINE IS A HUGE WIN.'

DR. GEORGE PAPAKOSTAS, Massachusetts General Hospital

All of this has psychiatrists, long frustrated with their menu of available treatments, hopeful for the first time in years. Finally, they say, their field is on the cusp of a much-needed breakthrough. "At this point, any new depression treatment that makes it to the finish line is a huge win," says Dr. George Papakostas, director for treatment-resistant depression studies at Massachusetts General Hospital. "It's going to have a major impact." The question is, which method will prove to help the most people in the safest way possible?

DOCTORS HAVE always seen depression as something that's distinct from ordinary sadness, but what causes it and how best to treat it has changed wildly over the years. In the 5th century B.C., Hippocrates believed the body was made up of four humors and that too much "black bile," the humor secreted by the spleen, resulted in melancholia. Melancholia as described by the Greeks looked a lot like depression today: persistent dark moods with a deep, lasting fear or sadness that isn't based on reason. The Greeks prescribed lifestyle treatments like diet, exercise, sleep, bathing and massage as well as rougher approaches like vomiting and bloodletting. In later ancient times, sex was also considered a helpful remedy.

By the Middle Ages, depressive-like behavior was believed to be a disease of the spirit—the result of demonic possession. Many depressed women were thought to be witches, and the cure for them was to be burned alive.

The idea that depression is rooted in the brain—and not a bodily fluid or possessed spirit—didn't take hold until the 17th century, when a neurologist

named Thomas Willis decreed that melancholia was "a complicated Distemper of the Brain and Heart." Although he had little else to offer patients besides the lifestyle remedies of the Greeks, melancholia was finally thought to be at least partly biological. In subsequent years, everything from herbal remedies to opium to music therapy to spinning stools designed to make people too dizzy to feel pain fell in and out of vogue.

Beginning in 1938, electroconvulsive therapy was thought to be the only effective modern treatment for depression, but the procedure sometimes caused memory loss, among other side effects.

It wasn't until the 1950s that doctors hit upon the idea that certain chemical cocktails could be used to treat depression. The first, called iproniazid, was found by accident when it was being tested as a treatment for tuberculosis. Doctors noticed that the TB patients taking the drug transformed from miserable and near death to euphoric, energetic and social. Newspaper articles of people "dancing in the halls tho' there were holes in their lungs" captured the popular imagination, and in 1957 scientists decided to try it on a small group of psychiatric patients.

According to that study, 70% of them became happier and more social. By the end of the decade, about 400,000 people with depression were on the drug. The high was short-lived, however: scientists soon discovered that the pills caused liver damage, and it was pulled from the market in 1961.

Another experimental drug, imipramine, was supposedly an antipsychotic, but scientists discovered in 1957 that it worked much better on people with depression. It became the first in a class of what's called a tricyclic antidepressant, so named for its three-ringed chemical structure.

By studying how those early drugs worked, scientists were able to hit on a new idea about what caused depression in the first place: depleted levels of the brain's neurotransmitters, namely serotonin, norepinephrine and dopamine. Those early drugs may have come with nasty side effects, but they ultimately gave rise to selective serotonin reuptake inhibitors, the drugs most widely prescribed today.

Eli Lilly released the first one, Prozac, in 1987. It was an immediate hit; in just three years, 2 million people around the world were taking it, and pharmaceutical companies began churning out their own only slightly different versions of the drug soon after. SSRIs are still the field's proudest and most profitable achievement, but they're far from perfect. They can make people feel worse before they start feeling better several weeks after treatment begins. When the drugs work, they're life-changing. But they don't work for everyone. On SSRIs, about 35% of people taking them experience full remission.

"We have no idea, after many decades of studying these drugs, why some people get better and some people don't," says Dr. Roy Perlis, director of the Center for Experimental Drugs and Diagnostics at Massachusetts General Hospital. "We desperately need truly new interventions."

The largest, longest study conducted on depression treatments, called the STAR*D trial, found that after people tried four antidepressants over the course of five years, about 70% of them were free of depressive symptoms. That's a lot of trial and error to end at a place where 30% of patients don't experience remission at all.

The STAR*D trial ended in 2006, and despite a clear hole in the market—and a clear patient need—a golden age of new depression treatments still hasn't arrived. Drug companies do not want to spend their money developing yet another SSRI—there are already a dozen approved by the FDA. "The drug companies basically shut down a lot of their brain research when it comes to psychiatry," says Dr. Richard Friedman, director of the psychopharmacology clinic at Weill Cornell Medical College.

"In my opinion, it wasn't necessarily a lack of interest—it was just that people had felt that they'd gone as far as they could with things like Prozac, and they weren't sure what the next targets were going to be," says Husseini Manji, global head for neuroscience at Janssen, the pharmaceutical arm of Johnson & Johnson.

Now, many experts—and drug companies—believe that target is ketamine hydrochloride, the only legally available psychedelic drug in the U.S.

DEPRESSION AT A GLANCE

6.7%
Percentage of people in the U.S. who have depression

30%
Percentage of people with depression who don't get better after two or more treatments

1 to 2
Number of months it takes for most antidepressants to work

IN LARGE DOSES, anesthesiologists use ketamine to put people under before surgery. In smaller doses, clubgoers use "Special K" to trip and hallucinate; it's one of the top drugs of abuse in Asia. However, its newest application, discovered serendipitously in the late 1990s, opened ketamine up to a whole new audience: those looking for a fast-acting drug for stubborn depression.

There are two drugs, one from Allergan and one from Johnson & Johnson, that work similarly to ketamine and are in late-stage clinical trials. As of now, ketamine is not FDA-approved for depression. So far, clinical trials on ketamine for depression have been small, and there aren't many of them. Only about 400 people have participated in such studies, and many had fewer than 100 people. (By comparison, the STAR*D trial had almost 3,000 participants.) Still, the results are promising enough to excite a number of prominent researchers in the field.

"In the past 20 years, I've not seen anything like this," says Dr. Cristina Cusin, a clinician

and researcher who runs the ketamine clinic at Massachusetts General Hospital. Studies have shown that 60% to 70% of people with treatment-resistant depression respond to ketamine.

Ketamine has also shown promise in putting an end to suicidal thoughts. "We have patients saying, 'I'm exactly as depressed as I was before, I just don't want to kill myself anymore,'" says Cusin. "This was very surprising. We can't explain it."

Barbara Reiger, who's 59 and lives in San Diego, says she tried nearly everything to lift her out of the depression that had plagued her since childhood and sometimes rendered her suicidal. When she learned about ketamine in 2015, she decided to try it at a ketamine clinic in her hometown. Since ketamine is FDA-approved as an anesthetic, physicians can legally prescribe it off-label for any condition they believe it may help, including depression.

Since then, every six weeks or so, she shows up at a private ketamine clinic, where she'll put on an eye mask in a dim room, sit back in a recliner and have a needle full of ketamine plunged into her deltoid. It doesn't make her feel high, exactly, but she remembers that the first time she tried it, a grin and happy tears spread across her face. "I felt I was putting things in order, moving pieces of a puzzle around to make it all make sense," she says.

Ketamine trips are known to help people disconnect from their bodies and their thoughts, and it worked that way for Reiger. After her first trip, she remembers feeling better than she had for years. "I immediately felt relief … a lightness of the depression kind of lifting," says Reiger. And it all happened in less than an hour.

"It's been a paradigm shift, that now we can achieve rapid antidepressant effects," says Dr. Carlos Zarate, chief of the experimental therapeutics and pathophysiology branch at the National Institute of Mental Health and one of the foremost researchers of ketamine. "Now we know there's something radically different."

Experts aren't sure exactly how ketamine works, although they agree it doesn't target the standard antidepressant route of serotonin, norepinephrine and dopamine. Instead, they think it stimulates a series of receptors in the brain, kick-starting something called synaptic plasticity—the ability of parts of the brain to grow and change. While antidepressants have been shown to also increase plasticity, ketamine seems to do it much more quickly—and much more powerfully.

How it works is one of the drug's many unknowns. Doctors also don't know the consequences and potential side effects of taking tiny doses of ketamine over and over again. People can become dependent on it, and long-term use of the drug has been linked to bladder toxicity and cognitive problems in those who abuse it recreationally. And although ketamine has been shown to be safe as an anesthetic, "you get anesthesia once," Cusin says. "You don't get anesthesia for months or a year. We have no idea what it does."

Ketamine's effects are temporary; depression reliably creeps back, so people need infusions every few weeks or more to keep their symptoms at bay. It's also costly. The treatments are rarely covered by insurance and run from $400 to $800 per infusion. On a biweekly schedule at the high end of going rates, that adds up to more than $15,000 out of pocket per year.

When Reiger first started taking ketamine, she quickly drained the funds she had set aside for treatments. She was on an every-six-weeks schedule, not including doctor's visits, but at $500 a pop it was adding up fast. "It was cutting too much into our budget," she says.

She thought she'd have to stop treatment, but she got lucky: another of her doctor's ketamine patients heard about her plight and volunteered to pay for her treatments. "I'm grateful," Reiger says. "But a donor can only be so generous, and I know someday I'll probably have to face these demons again."

As many as 5 million people in the U.S. have treatment-resistant depression, and to capture such a huge potential market, private ketamine clinics run by psychiatrists or anesthesiologists have popped up across the country in recent years. These clinics have pitched themselves to doctors as get-rich-quick side businesses and to patients as a ray of light in the darkness. But there are no rules governing how these clinics administer ketamine or whether they monitor blood pressure, heart rate, psychological changes or substance-abuse risk in patients who are taking it. "There is pretty large variability in what one clinic is doing compared to another," says Dr. Gerard Sanacora, director of the Yale Depression Research Program at Yale School of Medicine and a longtime ketamine researcher, who surveyed 57 of these clinics in a July paper.

This year, a task force from the American Psychiatric Association (APA) concluded in an issue of the medical journal *JAMA Psychiatry* that ketamine wasn't ready to be widely used as a medication for treatment-resistant depression.

"I still think it's the most exciting treatment to come in mood disorders, probably of the last 50 years," says Sanacora, who worked on the APA statement. "But the reality is, there's still a lot we don't know about the treatment."

Other scientists are skeptical that ketamine is a good long-term solution to depression. "I think a lot of the hope on ketamine may prove to be misplaced," says Friedman, of Weill Cornell Medical College.

KETAMINE BY THE NUMBERS

368
People who have participated in U.S. studies of ketamine for depression

$600
Average cost of a single infusion

7 to 14
Number of days the antidepressant effect typically lasts

"People may be disappointed." One problem, he says, is that in addition to enhancing neuroplasticity, it may also stimulate an opioid receptor in the brain. "If you stimulate that receptor—which is what Percocet and oxycodone and morphine and heroin do—you'll relieve pain and make people feel high and euphoric," says Friedman.

But that can also come with risk of habituation and abuse. Scientists already know that ketamine can be addictive. Now a clinical trial is under way at Stanford to test if ketamine acts like an opioid. Results are expected by the end of 2018.

UNTIL RECENTLY, ketamine proved to be a tough drug to imitate. Because it has widespread effects in the brain and doesn't act neatly in just one spot, many of the drugs developed in its likeness—including those from pharma giants like AstraZeneca and Roche—were simply not as effective as the original. But now a few new drugs are showing promise.

'I THINK IT'S THE MOST EXCITING TREATMENT OF THE LAST 50 YEARS, BUT THERE'S A LOT WE DON'T KNOW ABOUT IT.'

DR. GERARD SANACORA, Yale Depression Research Program

Last year, Zarate at the National Institute of Mental Health and his colleagues keyed in on a part of ketamine's chemical structure that they think is responsible for the drug's antidepressant effects. Now they're working on developing it as a treatment for depression. Early research in mice suggests that, unlike ketamine, the compound they've identified does not appear to be addictive.

Janssen, part of Johnson & Johnson, has developed and patented a version of ketamine called esketamine that doctors would be able to give their patients through the nose like a nasal decongestant, making it a more convenient alternative to an IV. The FDA has designated esketamine a "breakthrough therapy," which means it can speed through the typically lengthy drug development process and get to market more quickly. If the ongoing efficacy trials prove successful, Janssen could file esketamine for FDA approval in 2018.

Rapastinel, an intravenous depression drug under development by Allergan that acts on the same receptor as ketamine, can be given in just 30 seconds and doesn't seem to cause the hallucinogenic effects ketamine is known for. "So far in our clinical trials, the incidence of anything like hallucinations or psychosis has been incredibly low," says David Nicholson, chief R&D officer at Allergan. That drug also received breakthrough status by the FDA and is in the final phase of clinical trials, which are expected to finish in 2019. Once those trials are done, Allergan will petition the FDA for approval to market the drug for major depression. They're also working on an oral version of rapastinel.

Other new approaches to treating depression are on the horizon. For instance, researchers are testing drugs that target altogether different potential biological roots of depression—including chronic inflammation.

And at Perlis' lab at Massachusetts General Hospital, a team of scientists is trying to use big data to uncover whether any other existing FDA-approved medications—including drugs for completely different issues, like high cholesterol, pain and even acne—could have any mood-lifting side effects. Finding a medication that can be repurposed for depression would have huge advantages over traditional drug development: they are already proven to be safe, they don't cost a fortune to create from scratch and they're available for people to use now.

A revolution in genetics also offers promise for treating depression. "After lots of years of really not going anywhere, suddenly there's a lot to be excited about," says Perlis. In a landmark 2016 study, he collaborated with the genetics company 23andMe and Pfizer Pharmaceuticals to analyze the genetic profiles of nearly 460,000 people. For the first time, they discovered 15 different regions of the human genome associated with the development of depression.

Understanding what these depression genes do in the body makes it easier for scientists to find new drugs and interventions that have the opposite effect, which will make the search for treatments ever more precise. "It essentially gives us a target to aim at," Perlis says.

FOR THOSE who are suffering without hope, these new innovations, whether they stem from ketamine or whatever compound scientists will stumble upon next, can't come soon enough.

For his part, Ian Hanley is waiting to see if ketamine, which he recently crossed off the list of treatments he has tried, will be a success or just another failure. His first IV infusion left him dazed and, after a long nap, uncharacteristically energetic. The night of his first trip, he shocked his parents by cleaning his room and going for a walk for the first time in ages. But about half of his subsequent treatments sent him on bad trips. He was consumed with worries that he'll stay depressed, that ketamine won't work for him and that, if it doesn't, he won't know what to do next.

Hanley says ketamine has given him a bit of hope, but that hope is tempered by the skepticism of a patient who's been excited—then crushed—many times before.

Drug-free treatments backed by science

MANY PEOPLE WITH DEPRESSION FIND RELIEF WITHOUT PRESCRIPTION drugs. These methods have all been scientifically proven to help ease symptoms of depression. Here's what the research recommends:

EXERCISE One of the most-studied natural approaches to treating depression, regular physical activity may lift mood in part by increasing certain neurotransmitters. Of course, embracing an exercise habit isn't easy for most people—especially those with depression. "In my experience, the last thing depressed people want to do is move," says Dr. Andrew Weil, founder of the University of Arizona Center for Integrative Medicine. "But it has a striking effect."

Plus, it's free.

COGNITIVE-BEHAVIORAL THERAPY CBT, a type of talk therapy, focuses on changing negative thought patterns, and then learning how to home in on specific problems and find new ways to approach them. It typically lasts for 10 to 20 sessions. Some studies have shown it to be as effective as medication.

BEHAVIORAL-ACTIVATION THERAPY People with depression often withdraw from the world, and this therapy seeks to bring them back in. Treatment involves helping people identify activities that add meaning to their life, like reading, volunteering or hanging out with friends, and encourages them to do these things without waiting for their mood to lift first. In a recent study published in the *Lancet*, this kind of therapy was shown to be as effective as CBT. And it costs much less, because practitioners don't need as much training.

MINDFULNESS TRAINING "Thoughts and images are often the source of sadness and fear, and if you have no training in getting your attention away from them, you're helpless," says Weil. One such program, an eight-week small-group treatment called mindfulness-based cognitive therapy, trains people to be aware of the present moment through mindfulness practices like gentle yoga and daily meditation. It was shown in a 2016 study in *JAMA Psychiatry* to help people with recurrent depression avoid relapses even better than antidepressants.

TRANSCRANIAL MAGNETIC STIMULATION In TMS, a large magnetic coil is held against the scalp near a part of the brain believed to be important for mood. Magnetic pulses painlessly pass through the skull to stimulate nerve cells, and though how it works is still a mystery, it's thought to help normalize brain circuits involved in depression. TMS is not invasive, and people receive it when they're awake, without anesthesia. It typically requires sessions several times a week for four to six weeks and seems to have few serious side effects. In 2008, the FDA approved it as a treatment for people with major depression who hadn't responded to at least one antidepressant.

JULIANA SOHN

LETHALLY BLONDE

CHARLIZE THERON GOES NUCLEAR IN THE SUMMER'S MOST VIOLENT, STYLISH ACTION FLICK

BY ELIANA DOCKTERMAN

EARLY IN *ATOMIC BLONDE,* CHARLIZE Theron slowly stands up from an ice bath. Her back emerges, sinewy and covered in myriad dark purple bruises. When she looks in the mirror, a badly blackened eye stares back. This is not a woman to be crossed.

Theron plays Lorraine Broughton, an MI6 agent sent on a treacherous mission to Berlin in 1989, five days before the Wall falls. The movie is a neon spree though underground parties and glittering speakeasies backed by thumping '80s pop music. Lorraine, based on a character from the graphic novel *The Coldest City,* isn't like most female heroes: she's not a grieving widow, she's not a protective mother, and she definitely doesn't have daddy issues. "Writers are always giving women dead husbands or kids to make you emotionally invest," says Theron over tea at the Chateau Marmont in Los Angeles this June. The 41-year-old actor is still wearing athletic gear from a workout with her trainer for the movie, though filming has long wrapped. "Men go on a fun journey. Women get a long backstory so you're already forgiving them for what they're about to do." Not Lorraine. She does everything the men always have—exchanging blows and bullets—except backward and in heels.

PHOTOGRAPH BY AMANDA DEMME FOR TIME

Theron, 41, produced and stars in Atomic Blonde, *the adaptation of a graphic novel set during the Cold War*

Theron underwent grueling training to depict the movie's bloody—and plentiful—fight sequences

Until she slips off one of those heels and wields it as a weapon.

This isn't Theron's first time playing an unapologetic brawler. The Oscar winner has been a prostitute turned serial killer, a failing and bitter author, Snow White's black-hearted tormentor and a one-armed road warrior. "I play effed-up, vulnerable women who have to be strong in order to survive," says Theron.

Atomic Blonde, out July 28, comes at a turning point for women-led action films. In June, *Wonder Woman* shattered outdated notions that audiences don't want to watch women kick butt. It's currently the highest-grossing movie of the summer, bringing in $389 million in the U.S.

People want to see female action heroes. The question that matters now is how quickly Hollywood will allow them to go dark. After all, male action heroes have run the gamut from basically good (Indiana Jones) to explicitly bad (Dirty Harry) for decades. Wonder Woman is the former, a near perfect goddess who strives to always do what's morally right. Theron's Lorraine is anything but.

THERON GREW UP on a farm in South Africa. Her father struggled with alcohol and was abusive. When Theron was 15, her mother, Gerta, shot and killed him in self-defense. But Theron's mother taught her not to wallow in self-pity. "I'm not the first person and won't be the last person to go through something traumatic," she explained on her friend Aisha Tyler's podcast *Girl on Guy* last year.

By the time she was 17, Theron had moved to America to study at the Joffrey Ballet School in New York. When a series of injuries left her unable to dance, she began to pursue acting. Casting directors pegged her for the ingenue: her character in Woody Allen's 1998 *Celebrity* was actually named "Supermodel." Theron's big break came in 2003 after Patty Jenkins, who also directed *Wonder Woman,* cast her in *Monster* as a prostitute who avenges her rape by murdering her clients. Theron won an Oscar for the role, the character's toughness mirroring her own. "She's a real-life badass," says Jenkins. "And she can do whatever she wants on film." Adds Keanu Reeves, who co-starred with her in *The Devil's Advocate* (1997) and was her sparring partner as she prepared for *Atomic Blonde,* "She brings brutal grace to her characters."

Still, her first major foray into the action genre, 2005's *Aeon Flux,* was a flop. Hollywood took that film's failure—along with *Catwoman* and *Elektra,* which also bombed around the same time—as a sign women couldn't headline a profitable action flick. "We get screwed because one movie doesn't work," says Theron, "I experienced that with *Aeon Flux*." She admits the film was flawed, but then, "It was like, 'Your chance is up.'"

A decade later Theron starred in *Mad Max: Fury Road,* part of a wave of films—including the *Hunger Games* series and *Star Wars: The Force Awakens*—that definitively proved the opposite. That

ATOMIC BLONDE: FOCUS FEATURES; MAD MAX: FURY ROAD, AEON FLUX: EVERETT

movie was marketed as a testosterone-fueled car chase across a postapocalyptic wasteland. But anyone who saw it quickly realized the story actually belongs to Furiosa, the one-armed rebel Theron played to stoic perfection. Sure Max (Tom Hardy) was in the car, but it was Furiosa's mission to smuggle a group of sex slaves to an all-female paradise that captured audiences and turned the film into a $378 million box-office smash. "It took me years to find the skin that I would be comfortable in to play this woman," she says. "I had such a sense of relief when we realized she needed to be in a T-shirt, not a Barbarella outfit, and I needed to shave my head."

***ATOMIC BLONDE* IS BRUTAL.** Lorraine is lethal, crafting weapons out of, well, everything. A corkscrew becomes a shiv. A backpack becomes a cudgel. A hot plate becomes a hammer. And, in a nod to a classic technique taught in women's self-defense classes, keys become brass knuckles.

Her foes are just as savage. The film's violence will make some viewers uncomfortable. In one sequence that only lasts about 20 minutes but feels like an hour, Lorraine is thrown down a flight of stairs, shot at, stabbed and repeatedly punched. Much of it is shot in a single, excruciating take that leaves Theron's character and one of her assailants gasping for breath and struggling to stand upright. It's a technical marvel. It's also a marvel if you can watch it without cringing.

Director David Leitch got the job by championing this blunt approach. It had worked for him on 2014's *John Wick,* starring Reeves as a vengeful assassin. Leitch's wife Kelly McCormick (one of *Atomic Blonde*'s producers) encouraged him to do the same with Theron, whose production company optioned the Cold War story some seven years ago. Most directors are reluctant to show women with black eyes, let alone being hit. So they pit female heroes against female villains, or pretend petite women can flip 200-lb. men, or simply cut away during fight scenes. Leitch argued there was no reason to "make allowances for the fact that she's a woman." Adds Leitch, "For me it's more compelling to be with her while she's suffering."

Theron agreed. "It's a disservice to women. Part of it is male filmmakers not being comfortable with putting a woman in that position," she says. "If a female spy is sent into the field, why wouldn't she experience the same sh-t as a male spy?"

Before filming began, Theron spent four hours a day training at the gym Leitch founded with his *John Wick* co-director, Chad Stahelski. They concentrated on realistic moves a woman could actually use against a 6 ft. 4 in. opponent. "There's a lot of roundhouse, low leg kicks and throat chops and elbow strikes," the director says. "Elbows and knees are really big for generating power and leverage for a smaller attacker."

That's not to say *Atomic Blonde* doesn't indulge in some fantasy. Lorraine's garter belts, tight sweaters and white pleather coat that the actor likens to "a shiny condom" were inspired by the work of German photographer Helmut Newton. The film's vision of a crumbling East Berlin still manages to be glamorous, with its cast of sexy, unhinged spies, including James McAvoy as another British agent who has "gone native." He struts around Berlin, to the tune of "99 Luftballons" and "Blue Monday," in a fur coat and stunner shades. *(See review, page 54.)*

And then there's the scene in which Lorraine seduces a fellow female spy (Sofia Boutella), originally a man in the graphic novel. It's Bond-like: there's no falling in love, just falling into bed. "Some reviewers said, 'The sex scene is too aggressive.' I don't want to be crass, but it's not a lovemaking scene. It's two people getting it on," says Theron. "When we say we need to own our sexuality that means everything about our sexuality. It made me realize we have to push even harder to overturn old ideas of what women should act like in these movies."

WE USED TO GET about one female action hero per year. If we were lucky, we got one icon per decade: Ellen Ripley in *Alien,* Sarah Connor in *Terminator,* the Bride in *Kill Bill.* Sigourney Weaver, who arguably brought the first female action hero to life in Ripley—a part, by the way, originally written for a man—says that roles for women have improved greatly. "There isn't that thing that used to drive me crazy whenever I read the part: those scenes where the woman stops being effective and has a little breakdown to show you she's still a female entity," she says. "Now, they just get on with it."

After all, there's no one way to be a hero. Because Lorraine isn't Wonder Woman, who isn't Sarah Connor, who isn't Ripley. "I'm trying to break these forms of how women ought to behave in movies," Theron says. "Maybe they shouldn't behave at all." ◻

A HISTORY OF VIOLENCE

She's a dancer, actor, producer and Oscar winner. Now Theron is laying claim to the title of action star too:

AEON FLUX
Theron says the 2005 sci-fi flop helped deter studios from making female-led action films

MAD MAX: FURY ROAD
Furiosa became an instant icon in 2015: teenage girls shaved their heads to look like her

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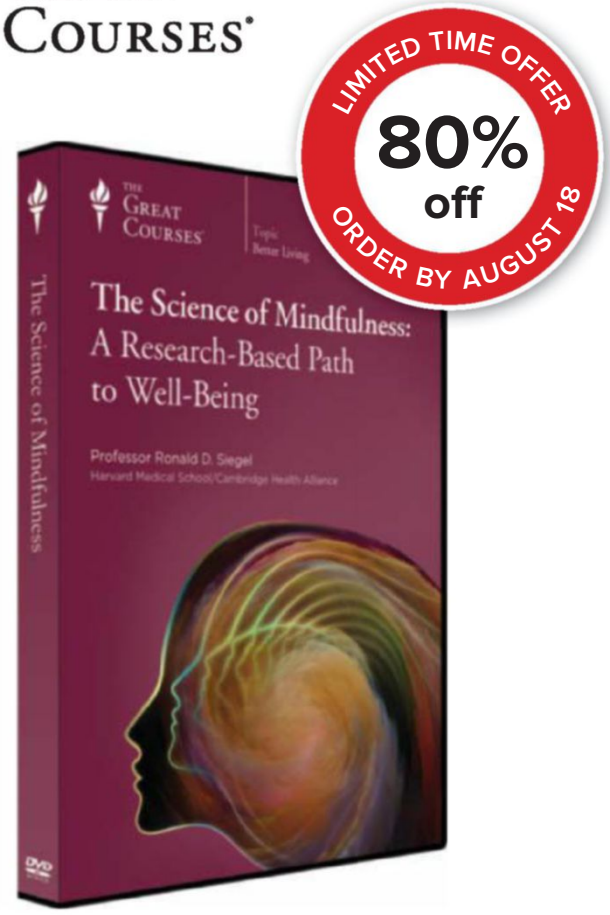

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Time Off

'A BOOK CAN BE REALLY PLEASURABLE AND ALSO REALLY RACIST.' —PAGE 56

On USA Network, Biel finds meatier fare than what she has been offered on the big screen

TELEVISION

Darkness under the sun on USA's gripping drama *The Sinner*

By Daniel D'Addario

FOR MANY YEARS, USA NETWORK was known for its "blue skies" programming strategy. Particularly during the summer months, USA's airtime was especially airy, studded with low-stakes procedural dramas and relatably quirky characters. *Royal Pains, White Collar* and *Burn Notice* collectively formed a reliable programming block that was admirable for its rigorous consistency, if not much more. Then came *Mr. Robot,* the computer-hacking sensation, in the summer of 2015. That Emmy-winning drama was as carefully marketed and consistent to its aesthetic vision as a *Royal Pains,* but its story was far more morally convoluted. Summer on USA went from being a breezy mental vacation to a sweltering, reality-bending season in hell.

The Sinner plunges USA deeper into madness. This new show may not be as ambitious as the operatic *Mr. Robot,* but it is a pleasure to watch. Jessica Biel stars as Cora Tannetti, an upstate New York woman whose attempt to enjoy a sunny summer day ends in disaster. While peeling a pear for her young son at the beach, Cora becomes increasingly agitated by the sound of a nearby couple's boom box. She suddenly leaps into action and uses her knife to bring the tunes, and every nearby beachcomber's blue-sky vibes, to a conclusive end. Having committed a very public murder, Cora seems content to face incarceration, so long as she isn't asked any questions about why, exactly, she killed.

As Detective Harry Ambrose,

USA NETWORK

Bill Pullman gets one too many notes of quirk to play. But his engagement with Cora's case mirrors the viewer's. He's an appealing, chummy surrogate to lead us through a case whose darkness escalates by the moment.

Biel, whose more glamorous roles on the big screen haven't always given her much to work with, is raw and compelling as a woman who is unable to decode her own instincts. We see, in flashback, an early childhood in which her oppressive, devoutly religious mother blamed her for family misfortune—it's Stephen King's *Carrie,* if the abused child's power of telekinesis were substituted for a more earthbound power of self-erasure.

In the present day, Cora is disconnected from her own life, filled with an unintellectualized loathing. "I never thought I would have a normal life," she tells her husband Mason (Christopher Abbott) after she's been arrested. "And I did, I really did, and it's because of you." That may have been true early on, but what we see of Cora even before her crime is an obsessive, jittery figure. Her brokenness is obvious, even if she's adept at covering some of her mind's particular fissures.

ABBOTT REDUX As Cora's loving but mystified husband Mason, Christopher Abbott makes a return to television. He was a standout as Charlie on HBO's *Girls.*

It all adds up to a drama that's strikingly filmed, gratifyingly smarter than it needs to be and—better still in an era of bloated episode counts—snappily paced. *The Sinner* has the zip of a good detective yarn. (The eight-episode miniseries is based on a novel by German crime writer Petra Hammesfahr.)

The show's ambitions, though darker than past summer fare from USA, are as simple: to tell a satisfying crime story well. And Cora's tearful answer to why she killed—"because they were playing that music, and they kept turning it up"—will have you doubly compelled. The real answer must be something fascinating if the lie is this unconvincing.

THE SINNER *airs on USA Network on Wednesdays at 10 p.m. E.T.*

Jenner was 10 when her family's first E! reality show began airing

TELEVISION

E!'s teen queen of screens

KYLIE JENNER, STAR OF E!'S NEW REALITY SHOW *LIFE OF KYLIE,* is in a curious position. She's the next-generation emissary of the Kardashian family, a high-flying group that strives to showcase its fidelity to a homey sort of reality. Subtract the couture and heavy-handed raunch, and *Keeping Up With the Kardashians* isn't that different from *The Brady Bunch.* And yet, because she was so young when fame first arrived a decade ago, she has next to no memory of a home life off-camera.

Jenner, a makeup entrepreneur at age 19, documents her radically evolving visage on Instagram (with new hair colors and lips plumped beyond reason) "in order to stay relevant for the public," she explains. Notionally, *Life of Kylie* is meant to show us the person behind the pout. Yet Jenner combines the self-obsession of a teenager with the reflexive crouch of someone who has learned to quash confessional impulses. Her attempt to fly to an Internet stranger's prom night, a canny stunt, is a logistical disaster. She doesn't mind commercial jets in theory—"all planes are pretty"—but to be at the airport places her in a situation where she can't control her image.

We're watching a very young PR expert at work, and also someone who understands the simulacrum she's living through as normal life. A prom filmed for TV is, for someone who was home-schooled to focus on her family's TV show, a prom. And how different is it, really? Once she arrives, all the attendees pull out their phones to create their own reality shows. Jenner is popular less because her life is impossibly unattainable than because it's so quotidian in an age of relentless self-documentation. Jenner tells her therapist a big, obvious secret: the image she projects on social media "isn't fully me." The therapist agrees, but we don't see her face. She's refused to appear on air—the better to make the session seem credible for television. —DANIEL D'ADDARIO

LIFE OF KYLIE *airs on E! on Sundays at 9 p.m. E.T.*

ABBOTT: GETTY IMAGES; LIFE OF KYLIE: E!

Why is *Rick and Morty* so fun? It's all about the references

By Lisa Eadicicco

Dan Harmon and Justin Roiland's Adult Swim comedy follows the adventures of hapless teen Morty and his evil-genius grandfather Rick. The show, which returns for a third season July 30, is jammed with nods to everything from bad '80s movies to classic literature.

THE OBVIOUS
A lot of episode titles provide a rough story framework, even if they end up being loose homage

M. Night Shyamalan · Inception

Jurassic Park · Fantastic Voyage

Inception · Animal Farm · The Lawnmower Man · A Nightmare on Elm Street

Space Invaders · Mystery Science Theater 3000 · Back to the Future

EPISODE 1: "PILOT"

EPISODE 2: "THE LAWNMOWER DOG"

EPISODE 3: "ANATOMY PARK"

EPISODE 4: "M. NIGHT SHAYM-ALIENS!"

THE FREQUENT
Stephen King's work is probably the most often referenced, cutting across horror, sci-fi and fantasy

Garfield · 60 Minutes · The A-Team · Weekend at Bernie's

Footloose · Raising Hope · Raising Arizona · Zardoz

Jaws · Love Potion No. 9

Metallica, "Seek & Destroy" · Jack and the Beanstalk

EPISODE 8: "RIXTY MINUTES"

EPISODE 7: "RAISING GAZORPAZORP"

EPISODE 6: "RICK POTION #9"

EPISODE 5: "MEESEEKS AND DESTROY"

Steve Jobs · Pet Sematary · Needful Things · "The Monkey's Paw" · "The Devil Went Down to Georgia" · Something Wicked This Way Comes

Jerry Maguire · Gravity Falls · Close Encounters of the Third Kind

Cape Fear · Risky Business · Buck Rogers in the 25th Century

EPISODE 9: "SOMETHING RICKED THIS WAY COMES"

EPISODE 10: "CLOSE RICK-COUNTERS OF THE RICK KIND"

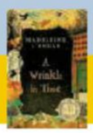
EPISODE 11: "RICKSY BUSINESS"

SEASON 1

Alien · Community · Invasion of the Body Snatchers

Midnight Run · The Music Scene by Blockhead

The Langoliers · Schrodinger's cat

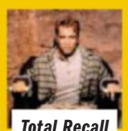


A Wrinkle in Time

EPISODE 3: "AUTO EROTIC ASSIMILATION"

EPISODE 2: "MORTYNIGHT RUN"

EPISODE 1: "A RICKLE IN TIME"



The Thing · Total Recall

American Idol

The Gods Must Be Crazy · Avatar · Inspector Gadget

Big Trouble in Little China · Nosferatu · Alien

EPISODE 4: "TOTAL RICKALL"

EPISODE 5: "GET SCHWIFTY"

EPISODE 6: "THE RICKS MUST BE CRAZY"

EPISODE 7: "BIG TROUBLE IN LITTLE SANCHEZ"

THE RANDOM
The show's creators look far and wide for laughs, like this episode title that partially plays off the goofy rom com

Wedding Crashers · Indiana Jones and the Temple of Doom

The Purge · Look Who's Talking Now

Man vs. Wild · How It's Made · Jan Michael Vincent

EPISODE 10: "THE WEDDING SQUANCHERS"

EPISODE 9: "LOOK WHO'S PURGING NOW"

EPISODE 8: "INTERDIMENSIONAL CABLE 2, TEMPTING FATE"

SEASON 2

GARFIELD: PAWS INC.; JURASSIC PARK, SHYAMALAN, JAWS, KING, VINCENT: GETTY IMAGES; RICK AND MORTY, BACK TO THE FUTURE, THE NIGHTMARE ON ELM STREET, FOOTLOOSE, BUCK ROGERS IN THE 25TH CENTURY, ALIEN, TOTAL RECALL, AVATAR, INDIANA JONES AND THE TEMPLE OF DOOM: EVERETT

MOVIES

Atomic Blonde kicks you where it hurts

IF YOU'VE WATCHED A LOT OF VIOLENT action movies, you may have seen the old knife-in-forehead trick or its subtler cousin, the cheek key-jab. But you've never seen those moves in a picture that stars Charlize Theron, the tall drink of gunpowder that gives *Atomic Blonde* its mighty kick. She plays slinky MI6 agent Lorraine Broughton, who is sent to Berlin to retrieve sensitive information just as the Wall is about to come down. There she links up with fellow operative Percival (James McAvoy), a loose cannon with a thug's bristly haircut and a side business selling black-market Jack Daniel's. Their mission: to spirit a Stasi turncoat to safety. (He's played by Eddie Marsan, whose eyes radiate the innocence of a baby dormouse.)

Something goes wrong. We know that from the start because the story's framing device shows Broughton—bruised and scratched from some as-yet-unseen battles—being grilled by two humorless interrogators, played with deadpan pomposity by John Goodman and Toby Jones. Adapted from Antony Johnston's graphic novel *The Coldest City,* this film is basically a tour of crushed ribs, cracked skulls and busted femurs. Its plot is tangled and mildly nonsensical.

NIGHT MOVES
Theron produced *Atomic Blonde* through Denver & Delilah, the company she founded in the 2000s.

Director David Leitch *(John Wick),* a longtime stunt man, may not be the most meticulous storyteller, but he knows how to direct a bold and brutal action sequence. The picture's showpiece is a wild hand-to-hand combat sequence that goes on for minutes in one unbroken take, a savage ballet in which Broughton fends off baddies with feral grace but also takes more than a few roundhouse kicks and body slams herself.

That's the key to Theron's performance: as tough and cool as her Broughton is, she's not soulless. It hurts to see her take a punch. But oh, how good it feels to see her throw one! Theron is all limbs, standing tall in a wicked assortment of stilettos and narrow, svelte trousers. When she moves, every muscle is in tune with the picture's robust, new-wavey soundtrack (which makes fine use of, among other songs, David Bowie's ominously seductive "Cat People"). When she takes a smooth drag on a cigarette, that sound you hear rustling across the earth's surface is the collective swoon of 50 million ex-smokers. Glowering from beneath the bangs of her moonbeam-platinum bob, Theron's Broughton is equal parts air, light and iron. We're just the moths clustering around her flame.

—STEPHANIE ZACHAREK

Theron seduces Sofia Boutella, who plays one of the gaggle of spies running and gunning around East Berlin

MOVIES

Dude nostalgia done right

SOME DAYS IT SEEMS THAT half the universe's population is made up of young men clinging to their childhood. But *Brigsby Bear,* Dave McCary's debut feature, puts an unexpected and touching spin on guy nostalgia. *Saturday Night Live*'s Kyle Mooney stars as James, a drifty, sincere naïf who discovers, in his mid-20s, that the survivalist loonies who raised him in seclusion (Mark Hamill and Jane Adams) aren't his real parents. Worse yet, he learns that the space-adventure TV series he's been obsessed with since childhood—with a Teddy Ruxpin–style hero named Brigsby Bear—isn't even a real show but a hoax created by his captor dad.

Written by Mooney and Kevin Costello, *Brigsby Bear* is a sweet-natured picture with an undercurrent of prickly energy. As James, Mooney is wide-eyed enough without ever being too precious, and his performance keeps the movie grounded. James's disillusionment, instead of making him a victim, pushes him to create something of his own. That's just the first step toward becoming a grownup. But there's no getting anywhere unless you take it. —S.Z.

ATOMIC BLONDE: FOCUS FEATURES; BRIGSBY BEAR: SONY PICTURES CLASSICS; WET HOT AMERICAN SUMMER: NETFLIX; TYLER, THE CREATOR: GETTY IMAGES

TIME PICKS

MUSIC

Arcade Fire's first album in four years, *Everything Now* (July 28), is a self-aware return that straddles the line between disco and new wave, blending their sing-along sound with sparser tracks.

BOOKS

In ***The Bettencourt Affair*** (Aug. 8), TIME's former Paris bureau chief Tom Sancton tells the true story of a sprawling scandal surrounding Liliane Bettencourt, the 94-year-old heiress to the L'Oreal fortune.

MOVIES

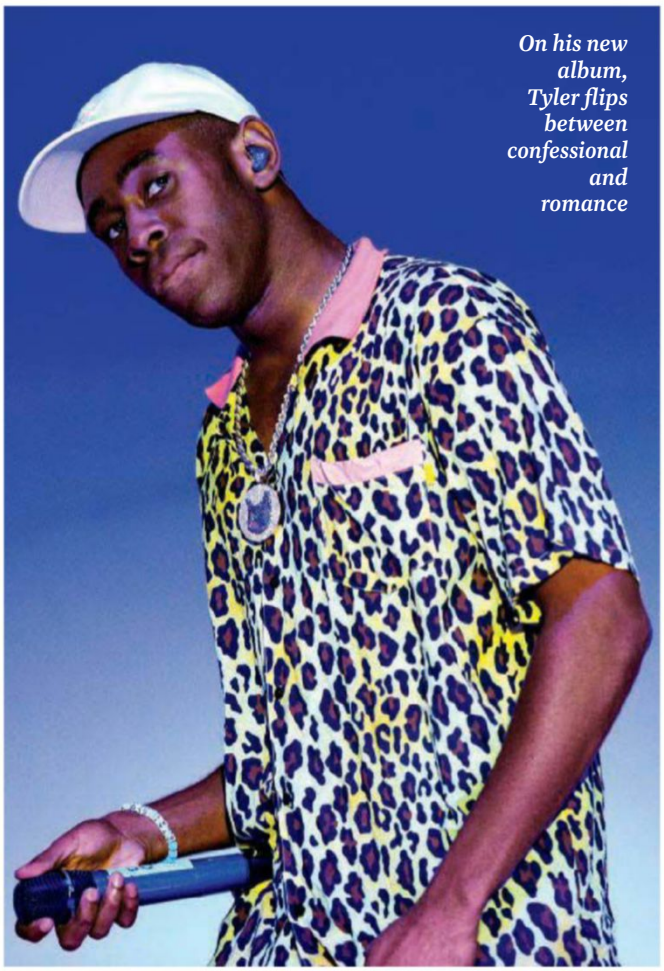
A tender story about faith and fatherhood in a Hasidic Brooklyn community, the Yiddish-language drama ***Menashe*** (July 28) follows a widower fighting for custody of his son.

TELEVISION

In Netflix's ***Wet Hot American Summer: Ten Years Later*** (Aug. 4), Paul Rudd, Janeane Garofalo and the gang reunite for a mission to save their beloved Camp Firewood.

MUSIC

Tyler, the Creator opens up



On his new album, Tyler flips between confessional and romance

TYLER, THE CREATOR'S career has been defined by immaturity. The Odd Future ringleader's many talents—his ear for production, his gravel-studded growl, his cross-disciplinary aesthetic—have often been overshadowed by his penchant for lurid imagery and homophobic slurs. He's not a malicious figure but a whip-smart provocateur, one who's leaned on shock value and a network of devoted fans to become one of hip-hop's most prominent polymaths. And while peers like Frank Ocean, Earl Sweatshirt and Syd have released assured solo albums in recent years, Tyler has stagnated in the studio. His music was marred by stale transgressiveness and a lack of discipline.

Flower Boy, his fourth studio album, is a welcome surprise: a focused, sentimental statement of purpose. Vulnerability has always been a fundamental part of Tyler's music, but it's typically been couched in anger and disillusionment. On *Flower Boy,* he sings and raps about his anxiety and fear with disarming sincerity. He leans into the melodic instincts and jazzy textures that have characterized his best work. And the album relies on a rich, distinctly Californian palette: reds, pinks, sprays of seafoam.

Tyler's newfound restraint is remarkable, but it's overshadowed by the fact that many of *Flower Boy*'s tracks acknowledge his attraction to men. He plays the hopeless romantic on the goopy "See You Again" and brags about "kissing white boys since 2004" on "I Ain't Got Time!" On the astounding "Garden Shed," he steps out of the closet with an extended verse that's confessional, nervous and hopeful all at once.

FLOWER POWER

Tyler founded Odd Future Records, an independent record label, in 2011 and has released albums for other acts including the Internet and Trash Talk.

Skeptics have tried to equate Tyler's writing on *Flower Boy* with the litany of alter egos and characters that peppered his earlier LPs, but his struggle with isolation and self-acceptance feels deeply realized. The album makes plain what many of Tyler's ardent defenders have been saying for years: the bomb-throwing, slur-wielding agent of chaos is really just a lonely kid who knows how to deflect. Transparency suits him.

—JAMIESON COX

CHILDREN'S BOOKS

The hidden (and not-so-hidden) racism in kids' lit

By Sarah Begley

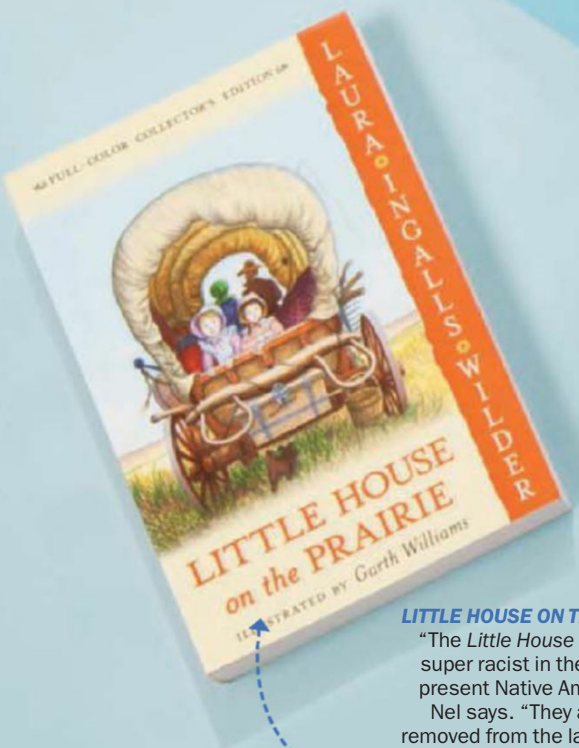
REVISITING A FAVORITE CHILDREN'S BOOK packs a powerful emotional punch. For many mothers and fathers, sharing the books their parents read to them with their own kids, decades later, is one of the highlights of the early years. But oftentimes stories and illustrations that seemed benign in one era become problematic as social mores change.

In his new book, *Was the Cat in the Hat Black? The Hidden Racism of Children's Literature, and the Need for Diverse Books,* Philip Nel studies the paradox of stories that are meant to nurture but can also do harm. An English professor at Kansas State University, Nel has probed racism in kids' books in his classes and in previous books, and he uses this volume to highlight how dozens of beloved picture and chapter books leave negative messages in children's minds. "No one wants to admit to enjoying something or liking something that perpetuates racial stereotypes. But we do, because a book can be beautiful and racist, a book can be a classic and racist, a book can be really pleasurable and also really racist." For instance, one of Nel's personal favorites, *Charlie and the Chocolate Factory,* has a big problem in the Oompa Loompas. The characters, which were depicted in early editions as African pygmies, are portrayed as happy slaves, content to leave their native land behind and toil in a factory. Especially for children who are descendants of slaves, such messages can have a pernicious effect on how they interpret their value in the world.

So should parents abstain from reading offensive classics to their children? "I would respect the parent who made that choice," Nel says. But on the other hand, "There's also a reason to read them with children, because racism exists in the world. Children are going to encounter it, and a safer way to learn how to encounter it is via fiction. If you're reading a racist children's book with a child, you can help them read it critically, you can help them learn that it's okay to be angry at a book." □

PHOTOGRAPH BY DILYS NG FOR TIME

THE CAT IN THE HAT
Dr. Seuss was a complicated figure—many of his books promoted tolerance, like *Horton Hears a Who!* Others descended to racial stereotyping, like characters who "wear their eyes at a slant" in *If I Ran the Zoo.* His famous Cat in the Hat took partial inspiration from minstrelsy. (Take a closer look at the white gloves and the extravagant top hat.)



LITTLE HOUSE ON THE PRAIRIE
"The *Little House* books are super racist in the way they present Native Americans," Nel says. "They are to be removed from the land, and are dehumanized when they are mentioned. The line 'The only good Indian is a dead Indian' shows up in there."

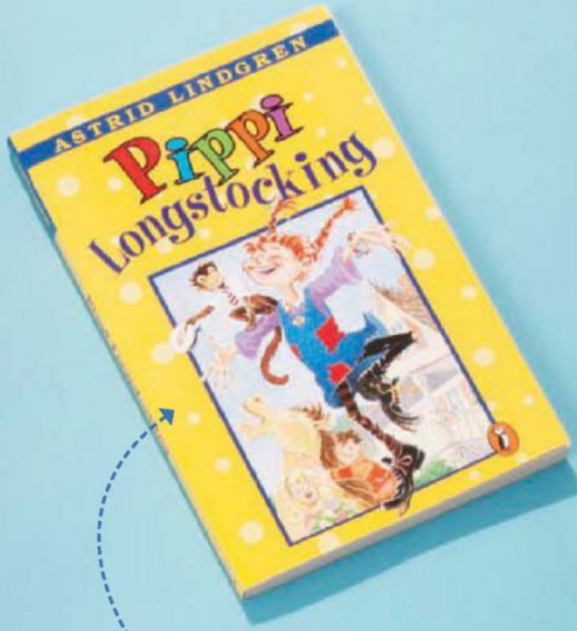
Reading lessons

Tips for talking to your children about problematic books

ADD THE HISTORY
"If you're reading racist children's books with children, they have to be read in context," says Nel. If it's a book about slavery, explain the history in an age-appropriate way.

ASK CRITICAL QUESTIONS
For instance, "Would it be fun to be shipped to England in a packing crate? What would it be like to live in a factory and work all the time?"

POINT OUT THE MISSING PERSPECTIVES
"You can ask, 'Whose point of view is this story favoring? Who is it not favoring?'"



PIPPI LONGSTOCKING
Books can have both virtues and sins. Pippi is a spunky role model for young girls, but her father travels to the South Seas and becomes "King of the Negros" (or, in American editions since the '50s, "King of the Cannibals").

THE STORY OF BABAR
Babar presents "colonialism as benign," Nel says. "Babar becomes this civilized elephant, and because of that is able to go back to his people and be more respected because he's become more European."

SPECIAL COMIC-CON EDITION

Of watching *Star Wars* for the first time, actor Will Smith said: "There was nothing that I had experienced in my life that matched that point of ecstasy. I had sex a few years later. It was close, but no *Star Wars*."

Not to be outdone by her male co-stars taking shots at the *Kingsman: The Golden Circle* panel, **Halle Berry chugged an entire glass of whiskey.**

'You bet your ass.'

HARRISON FORD, responding to a fan who asked at the *Blade Runner 2049* panel whether the actor plans to reboot every franchise he's ever starred in. Ford resurrected Han Solo in *Star Wars: The Force Awakens,* stars in this fall's *Blade Runner* sequel and will reprise his role as Indiana Jones.

The new *Black Panther* trailer got a standing ovation. Lupita Nyong'o stood out as a spy dispensing justice to a Kendrick Lamar soundtrack.

Director Taika Waititi and star Chris Hemsworth presented a **delightfully deranged take on the God of Thunder in new, unexpectedly psychedelic *Thor: Ragnarok* footage.**

***TIME*'S WEEKLY TAKE ON**

REALLY LOVE IT

LOVE IT

WHAT POPPED IN CULTURE

Onscreen Alfie Allen has menaced direwolves *(Game of Thrones)* and killed a puppy *(John Wick).* But the actor proved himself a gentle soul when **he brought his dog Abby onstage.**

Comic-Con began as a small comic-book convention. Now it attracts legendary directors like **Steven Spielberg,** who came to promote his film *Ready Player One.*

Cult favorites *Psych, DuckTales* and ***Rocko's Modern Life*** are all getting revivals.

A preview of the new ***Stranger Things*** **season doubles down on nostalgia** with a Reagan-Bush '84 campaign sign and a soundtrack featuring the Vincent Price introduction to Michael Jackson's "Thriller."

Wonder Woman took a victory lap. Star Gal Gadot featured heavily in the new *Justice League* trailer and shared an emotional moment with a young female fan dressed as the superhero.

By Eliana Dockterman

ROCKO'S MODERN LIFE: EVERETT; WONDER WOMAN: WARNER BROS.; STRANGER THINGS: NETFLIX; BLACK PANTHER, THOR, MARVEL; STAR WARS, SMITH, WHISKEY, FORD, SPIELBERG, ALLEN: GETTY IMAGES

How this family of worrywarts copes in an age of anxiety

By Kristin van Ogtrop

MY YOUNGEST SON, WHO IS 10, HAS LONG HAD AN OBSESSION that crops up whenever we get in the car. As he climbs into the back seat he will peer over my shoulder at the dashboard and, depending on his mood, may ask the question we both know he is thinking: "Are we going to run out of gas?"

My youngest sister—his aunt—is a therapist and the wise woman who taught me the possible-probable trick. And so I say to my son: "Is it possible for our Subaru to run out of gas when it has half a tank and we are only driving two miles to Costco and back? Perhaps. But it is definitely not probable."

Possible vs. probable. When applied in the right circumstance, it almost always gives you the right answer. Even better, it gives you the feeling that you are in control.

FOR THE RECORD, we have never run out of gas. And I would rather not take this particular, seemingly nonsensical gas-tank worry seriously. But given our gene pool, I know I should. My son hails from a long line of people who used to be called worrywarts—ask me sometime about my childhood fear of vomiting—until the 21st century arrived and we woke up one day to learn that we actually suffer from anxiety, in varying degrees. (If you were to meet my child, you would find a happy, charming, intellectually curious fellow. But you're not driving to Costco with him.) Anxiety has impacted the lives of several of my family members in serious ways that I am not permitted, per unspoken family law, to discuss in this column. And we are far from alone. More than 6 million American teens have had an anxiety disorder, according to National Institute of Mental Health data; at my son's most recent checkup, his pediatrician remarked matter-of-factly that treatment solutions haven't kept pace with the number of anxious kids.

Which brings me to the strong control-freak current also running through our gene pool. Supposedly, controlling parents are more likely to produce anxious children. But there is a fine line between setting boundaries and controlling, between guiding choices and telling your kids what to do because Mom actually does know best a good deal of the time. At age 10, my son has reached a childhood inflection point, approaching the end of elementary school, crossing over from the years when I had control over much of his existence to the years when it becomes increasingly clear how little control I really have.

When your son is 10, his worries seem quaint: little kids, little problems. But his two older brothers, who are 19 and 22, are big kids now, with their big-kid problems stretching into their youngest sibling's understanding of the world the way their long legs stretch clear under the kitchen table at dinner. When we sit as a family at that table, the older boys are protective of their young brother and his innocence: they know not to curse, not to listen to songs with vulgar lyrics, not to talk about friends who drink too much or smoke weed or skip class. Still, things happen in the lives of 19- and 22-year-olds that demand dinner-table discussion. And so, as the little guy listens, wide-eyed and silent, scary stories unfold: from the inconvenient (a minor car accident) to the truly heartbreaking (a roommate whose life ended before he could graduate from college). Is this why, when I recently took his eldest brother to the emergency room for what turned out to be a stomach virus, my youngest asked, "Is he going to die?"

POSSIBLE VS. PROBABLE is not foolproof. My two older sons have reached an age when it doesn't work on them. They are old enough to have learned that tragically improbable things do happen, that parents can't control much and that helpful constructs from Aunt Claire won't erase a biological inheritance generations in the making. As they have grown into young men, I have become less a boundary setter. Less a guide. More a … presence. A loving, nonjudgmental (well, I try) and constant presence.

And with my sweet, wide-eyed 10-year-old who alternately seems to understand nothing at all and far too much, I will cling to possible vs. probable for as long as it works. Perhaps the very things I do to try to protect him just make him more vulnerable to anxiety. Smarter minds than I will have to figure that one out. But I know one thing for certain, which is that my wonderful little boy has all the time in the world to learn how sad and uncertain life can be. And once he does, there will be only so much I can do.

Van Ogtrop is the author of Just Let Me Lie Down: Necessary Terms for the Half-Insane Working Mom

ILLUSTRATION BY LUCI GUTIÉRREZ FOR TIME

Naoki Higashida The Japanese author of *The Reason I Jump* and *Fall Down 7 Times Get Up 8* describes what it's like to be a person with nonverbal autism

You mostly cannot express your thoughts through speaking, but you've published more than 20 books. How does your writing process work? My basic methods of communication are my letter board and computer. The letter-board method involves a card with the alphabet arranged in the QWERTY format. I point to individual letters and "voice" the letters as I touch them. I can also type on a computer keyboard, but I get stuck on or obsessed about certain letters. Or sometimes I'll type a word over and over. I can't converse well, but this doesn't mean I don't think. It's just that when I try to speak, the words that come to mind disappear. I wonder if this isn't similar to the sensation we all have of forgetting something? Even if a person with severe autism learns to use a computer, it doesn't mean he or she will be able to express in writing all the emotions they have been unable to verbalize. Expressing what's inside the heart and mind of my autistic self will always be problematic, I think.

What first made you aware that you had autism? There wasn't one trigger, but growing up, I listened to the people around me talking, and this alerted me. I worried about not being able to do what others did so easily, but at that stage I didn't feel compelled to understand what this thing was that made my life so difficult. When people told me, "You have this disability," it somehow never really struck home that their words applied to me. Maybe this was because I was still just a child. If you judge me by appearances, I haven't changed all that much. But I feel pride in saying that I've grown into a happy-enough adult.

You write of "thorns in the heart"—realizations of things you will not be able to do. Which thorn aches most? People who have disabilities are told what they ought to do much more often. Those giving the advice may have good intentions, but sometimes the advice is more geared to minimize the hassle and inconvenience caused to others.

You've said that maturity is "a matter of progressing ever closer to your ideal self." What is your ideal self? To travel this world without being tied to others. Not in the sense of crossing the sky like a bird. My meaning stems from the fact that people constantly compare themselves to others. They find it difficult to decide the best way to live, I guess, and comparisons help them evaluate their own situation. A person can attain pure freedom only by being set free from being a person.

What do neurotypical people agonize over too much? Human relations. Not wanting to be left out of the group, or wanting to be better than others—this kind of mentality makes relations between people way more fraught than necessary. Sometimes I wonder if the human intellect can nudge us backward.

What's your favorite number? I've never really thought about my favorite, but if pushed, my answer would be 3. The number 1 is the most important. It feels like proof that something is there. Then again, 0 is the most amazing discovery. The concept of nothingness is proof of human civilization. After 1 comes 2 in order of importance. The number 2 lets us divide things and put numbers in order. These three numbers (0, 1 and 2) would have been sufficient. As a number, 3 is enchanting. It was created even though it wasn't needed. Perhaps it was born out of creativity?

What would you tell parents who are sad that their child has been diagnosed with autism? I don't think of my autism as a misfortune. You may be stuck, your suffering may be ongoing, but time flows on. What your child needs right now is to see your smile. Create lots of happy memories together. When we know we are loved, the courage we need to resist depression and sadness wells up from inside us. —NATE HOPPER

Translated from email by Hamish Macaskill and David Mitchell

> 'Expressing what's inside the heart and mind of my autistic self will always be problematic, I think.'

MIKI HIGASHIDA

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Citi provided long-term financing to help Deepwater Wind build the first offshore wind farm in the U.S. – part of Citi's $100 billion commitment to finance sustainable energy projects. The Block Island Wind Farm could help lower electric bills by up to 40 percent and reduce carbon emissions by 40,000 tons a year, ushering in a new era of American renewables.

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